Parkview Panther Football Grades and Strength

Athlete	Grade	Weight	Core Lifts 1st 6 Wks			Weight	Core Lifts 2nd 6Wks			Weight	Core Lifts 3rd 6 Wks		
			Bench	Squat	P. Clean		Bench	Squat	P. Clean		Bench	Squat	P. Clean

	Grade Concerns	Grade Concerns	Grade Concerns