



## **KNOW YOUR WAY AROUND THE WEIGHT ROOM PEER ASSESSMENT**

Name \_\_\_\_\_ Date \_\_\_\_\_

1. Identify three things that you learned because of the peer teaching of this exercise.

2. List three common errors for each of the exercises presented by your peer:

Bench press

Squats

Lat pull-downs

3. Why are safety and correct form important when developing a weight training program?