

Attestation sheet for weight room

Last name:

First name:

Class:

Sports teacher:

As part of the introduction to the correct training in the weight room at the KSBG first-year students must complete four trainings of at least 35 minutes per training.

- Trainings 1&2 have to be done within 4 weeks after the completion of the introduction to the weight room.
- Trainings 3&4 have to be done within the last 4 weeks of school before the end of the first school year.

The so called KantiGym Coach will confirm with his signature on this sheet that you completed the trainings correctly and in accordance with all the check-points listed on this sheet.

Note: Inform the KantiGym Coach that you would like to be supervised before you start your training!

1. General behavior

Checkpoints	Training number			
	1	2	3	4
Towel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proper clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Log-in/ log-out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Weight room

Checkpoints	Training number			
	1	2	3	4
Exercise execution (Range / speed of motion)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Duration / repetitions / sets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Position (laying / sitting) / getting on and off the machine in a correct way	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Correct exercise execution on each machine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orderliness of dumbbells	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Confirmation of correct completion of training course:

date	name / signature KantiGym Coach	stamp
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>