

# Weight Training 101

Mr. Ethan Turpen, MS, CSCS  
Health Promotion Coordinator

## Clinic Info:

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- 4 weeks (1 day/week)
- July 21<sup>st</sup> – Aug. 13<sup>th</sup>
- Monday: 2pm – 3pm **OR**
- Wednesday: 10am – 11am
- Location: OST Human Performance Center in Fitness Center
- 15 spots available

## Weekly Topic Info:

- Week 1: Importance of Weight Training in Military, Programming Concepts.
- Week 2: Bench Press
- Week 3: Squats
- Week 4: Deadlift

