

My Grandson Aaron, 15 years old.

The expression on Aaron's face in the side chest shot, tells you his frustration with the delay in my snapping the picture. Poor lighting but still his accomplishments are visible.



My Granddaughter Shelby (I lovingly call her Charlene), 12 years old.

After warm-up sets of 20 reps with 45 lbs. and a set for 10 reps with 95 lbs., Charlene cleanly bench presses 135 under Aaron's watchful eye. She has completed a 155 lbs bench press in perfect form.



Thanks for letting me share with you and Thank the Lord for the blessing!

Have a great day!

Alan

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