



# UTRGV Army ROTC Strength Training



Who: Vaqueros Battalion

What: Strength Training

When: 16-09-2015 0600

Where: Edinburg, Texas UTRGV UREC

Why: On September 16, 2015, cadets participated in various strength training exercises to promote physical readiness and increase physical fitness. MSL 3 cadets trained and guided lower levels cadets on proper form and tips to prevent possible injuries when lifting heavy. MSG Bamba And SFC Valdez demonstrated how to properly be a safety While lifting.

Cadre POC: CPT Brian Hutchinson

Cadet POC: c/LTC Crystal De La Rosa

