

Boys1st/7th Hour Weightlifting Hour

Wearing purple basketball shorts and a grey shirt that reads "Salida Spartans" I stand in the big room that is filled with weights, bikes, and numerous miscellaneous items. As I walk into the weight room the mixed smell of sweat, plastic, and boys hits me like a brick wall; rather gross when you actually get the chance to smell it. I talk to Ms. Johnson, Ms. J as I normally call her, and we laugh about how I can joke around with all the other boys like it's the funniest thing we have ever heard. But when you are an outsider looking in, I can almost guarantee that we all sound absolutely crazy. But that's what makes us "the boys weightlifting class" and I definitely own it!

"Get swole!" I love saying this because of many reasons. One reason being is that I think it annoys Ms. J which is always fun to do. Another reason is to motivate myself because if I sound like a big tough guy then I will work that way and that's awesome because then I am gaining muscles and I can actually try to be that big tough guy! I also use my big mighty grunts when I'm lifting heavier weight. I think it helps me push to get the maximum amount of weight that I can lift by myself. I love grunting because it also makes me feel like I'm lifting a lot and I love that feeling. But when I am not lifting or when I am waiting for my partner to get done I love to mess around and joke with the other guys or joke with Ms. J. It's seriously so funny and really entertaining.

Ms.J finds it really funny when I sneak up behind her and scare her by poking her back and screaming "RAW!" in her ears. She only finds it funny the first couple of times though, but I find it funny the 50 other times I do it. But I also love to sing along to songs that play on the radio and sometimes if I am really in the mood, I will dance. But not normal dance moves. Crazy, funny, totally ridiculous dance moves. Miley Cyrus's twirking... I got that on lock! I really like to check my manly muscles out in the mirrors. I just roll up my sleeves and CHICK-CHICK-BOOM! Sometimes I even surprise myself with how good I look! The other guys try to beat me, but they don't have anything on me.

When I comes down to it though, I like these guys that I share the same passion of weightlifting with. They see my best and worst sides and don't really even care. Yeah, they might say "Wow dude, you're creepy" or "Hey, that looks fun!" but that's what makes it so easy to just be myself and mess around with them. Honestly, I think these are the kinds of friends that everybody needs to have a part of their life because they tell you how it is and are real with you.