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February 4, 2016

Sample Outline

The Squat

I. Introduction

II. Types of lifting

- Body building
 - => Based on aesthetics and high reps less focus on strength
- Power lifting
 - => Based purely strength
- Weight lifting
 - => Based on strength, agility, and flexibility

III. How is it relatable to the audience

- Mention names of famous people who squat
- Show female lifters to engage the female audience as well
- Mention the benefits of squatting

V. Proper Squatting Technique Demonstration

- I will demonstrate the squatting technique for the class
- I will also have my girlfriend with me who will be helping demonstrate the squatting technique and make it more relatable for females
- Enjoy!!

VI. Conclusion