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Win Page

1. Purpose of your presentation/speech

The purpose of this presentation is to teach people how to squat properly and how it can improve your life.

2. The reaction, or action, you want to take place with the audience

I want my audience to be able to differentiate between the myth and the truth when it comes to lifting, its benefits, and have them love squats!

3. Three goals you have set for yourself in this presentation

- Get people to be persuaded
- Speak accurately
- Try to get my point across very clearly

4. A fact that you are aware of concerning this audience, topic, or situation that might impact how you make your presentation

I know not everyone in here lifts or sees its benefits. I also know there are a lot of women that are not interested in lifting.

5. Information, organization, ideas, or delivery strategies you will feel will really make an impact on the audience

I will demonstrate proper squatting technique in class. I will be wearing \$175 weight lifting shoes and will bring a weight lifting olympic bar in class to demonstrate the squat with. I will also bring my girlfriend as my partner and she will be helping in demonstrating the squat technique as well.