



KNOW YOUR WAY AROUND THE WEIGHT ROOM: PEER TEACHING EXERCISE DESCRIPTIONS

Name _____ Date _____

Each group will be assigned an exercise and will be responsible for presenting the exercise to the rest of the class addressing the following:

1. Exercise or lift name.
2. Equipment involved.
3. Major muscles worked.
4. Demonstrate the exercise (or have someone else do so)—“whole” movement.
5. Demonstrate key parts of the exercise. Be sure to include both preparation and execution. Show the stance (if standing) or position in or on the equipment, grip, and proper movement. Demonstrate proper pace and breathing technique.
6. Identify common or possible errors made when performing the lift.
7. Safety and spotting considerations.