

Objective

By the end of this lesson, you will have learned and practiced weight lifting techniques for barbell squat, barbell bent over row, barbell overhead press, and bicep curl, completing each exercise 3 times by 8 reps.

Materials and Prep

- Barbell
- Weights
- Exercise Mat
- Water Bottle
- Appropriate Clothing

No prior knowledge is needed, but make sure to have a clear space to perform the exercises safely.

Activities

- **Barbell Squat:** Start with just the barbell on your shoulders, feet shoulder-width apart. Slowly lower your body as if sitting back in a chair, keeping your chest up and core engaged. Push through your heels to return to standing position.
- **Barbell Bent Over Row:** Hold the barbell with an overhand grip, bend your knees slightly, hinge at the hips, and lean forward. Pull the barbell towards your lower chest by squeezing your shoulder blades together.
- **Barbell Overhead Press:** Stand with feet hip-width apart, hold the barbell at shoulder height. Press the barbell overhead, fully extending your arms. Lower the barbell back to starting position with control.
- **Bicep Curl:** Stand with feet hip-width apart, hold the barbell with an underhand grip, arms fully extended. Curl the barbell towards your shoulders by bending your elbows. Lower the barbell back down with control.

Talking Points

- **Barbell Squat:** "Remember to keep your chest up and push through your heels to stand back up."
- **Barbell Bent Over Row:** "Squeeze your shoulder blades together as you pull the barbell towards your chest."
- **Barbell Overhead Press:** "Fully extend your arms overhead and engage your core for stability."
- **Bicep Curl:** "Keep your elbows close to your body and focus on the bicep muscles as you curl the barbell."