**What technology and for who?**

In an attempt to exacerbate the best performance an individual can achieve, first the individual must have a proficient understanding of the skill(s) and how to properly complete each skill. To best facilitate instruction of weight training we took advantage of several forms of technology. PowerPoint provided us with a multimedia platform for communicating with the audience. It provided the audience with visual as well as verbal instruction through the use of pictures, videos, and typed information. Video demonstrations of each lift were made viable for learning through editions made in Windows Movie Maker and I-Movie. Videos contain picture slideshows, narration, and of course actual demonstrations of each lift. Through incorporation of these elements we provided a comprehensive body weight and weight resistance training.

Our audience should mindful of the inherent risks associated with any weight resistance training program. This is why are target audience would be 14 and over. High school students have more developed bodies that can handle the stresses weight loads put on the body. Also, they are more cognizant of dangers weight lifting poses and thus more likely to be alert in the weight room and practice safe lifting form.