

GROUP COURSES

Master The Intricacies Of Training With A Barbell With Our Barbell Courses. Focus On Your Form And Technique To Set A Strong Foundation.

BEGINNER OLYMPIC WEIGHTLIFTING COURSE

Over the course of 4 weeks, **Individuals will learn and become proficient in the Clean & Jerk and the Snatch.** This is the foundation of this course.

This is a progressive fundamental course emphasizing technique and form for novice to advanced weightlifters.

This course is perfect for beginners, men and ladies alike.

BARBELL FUNDAMENTALS

Over the course of 2 days, learn how to perform the basic barbell lifts safely and efficiently under the instruction of our coaches.

This is a workshop designed for beginners to receive coaching on the proper form and technique for the **Squat, Bench, Deadlift and Overhead Press.**

