

**<https://shu.edu.pk/events/session-the-art-of-strength-training/>**

## **Session - The Art of Strength Training**

**09may10:00 am11:30 amSession - The Art of Strength Training**

### **Event Details**

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The Center for Sports & Fitness, Salim Habib University, organized a Guest Lecture Series Session titled The Art of Strength Training on Friday, May 9, 2025.

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The session was conducted by Mr. Ather Kamran Butt, Top Pakistani Powerlifting Athlete, First to Set Two Asian Records, Commonwealth Bench-Press Medalist & Asian RAW Championship Medalist.

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## Time

May 9, 2025 10:00 am-11:30 am (GMT+05:00)

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