



# An introduction to Strength Training Workshop

Strength training can improve your flexibility, mobility, improve performance in all sport and lower your risk of injury.

Whether you are new to the gym and resistance training or want to expand your current knowledge, this course will leave you feeling confident to be able to safely lift and teach you some of the most effective strength-based exercises.

## What will I learn?

On the run up to the practical session you will have exclusive access to our e-learning platform to learn about safety in the gym, warmup and cool-down exercises, training tips and a 6-week strength training programme.

The 4-hour practical session will teach you the key positions for the BWL strength training barbell exercises:

- Back squat
- Press
- Bent Over Row
- Conventional Deadlift
- Front Squat
- Bench Press
- Stiff Leg Deadlift
- Barbell Curl
- Barbell Lunge
- Power Clean

## Prerequisites

You must be at least 14 years of age on the first day of the course and have some general experience of weight training.

## Online learning with face to face practical

### Length of Course:

Half-day practical session (4 hours).  
Plus, 3 hours e-learning

## Price of course

**Standard Price:** £100 + VAT

**Member Price:** £95 + VAT