

Win an Online Essentials of Weightlifting Technique Course

The new online Essentials of Weightlifting Technique focuses learning on optimising weightlifting technique for performance. Whilst the concepts concentrate on the sport of weightlifting, they can be used in any sporting environment.

The course centres on creating an objective look at weightlifting technique and the ability to effectively analyse this technique so that you can successfully select exercises to turn weaknesses into strengths.

It helps to understand the inter-relationship of three critical components in analysing technique: Weight Distribution, Posture and Bar Trajectory. The course illustrates the effect these factors have on making or missing lifts as well as helping you understand how to assess what area a lifter may be lacking in.

The course also provides insight into the BWL Technical Syllabus, which is delivered to athletes on the Talent Pathway across the UK.

The costs of the course is £150 but you can save £30 as a member of BWL until 31 May 2020. For Terms and Conditions of this offer please click [here](#). For the member discount code please email courses@britishweightlifting.org

Want to be in with a chance to win the online course?

All you have to do is send in a video, photo or story of your happiest moment in weightlifting to contact@britishweightlifting.org.

BWL will pick the winning entry and the winner will win a free Essentials of Weightlifting Technique course, and the chance to feature in next month's newsletter.

You will have until midnight Wednesday 27 May to send your video, photo or story in and the winner will be picked and announced on Monday 1 June.

Terms and Conditions

1. Entries can be submitted until midnight on Wednesday 27 May 2020 to contact@britishweightlifting.org.
2. The winner will be picked on Monday 1 June and will be contacted via the email address held in Sport80. Details of how to access the course will be included in the email.
3. The prize is an Essentials of Weightlifting Technique course
4. BWL will select the winning entry and their decision is final
5. British Weight Lifting courses are available to people aged 16 years and older
6. British Weight Lifting reserves the right to cancel or amend this promotion due to events or circumstances arising beyond its control
7. Promoter: British Weight Lifting, St Anns Mills, Commercial Road, Leeds LS5 3AE