

At British Weight Lifting we have designed a variety of courses to help you improve your lifting technique and performance. You will learn from the best educators and coaches in the sport and become a fitter, stronger and a more effective athlete. Whether you are new to the world of weight lifting or are an experienced athlete wanting to move to the next level, we have a course for you!

LEVEL	LEVEL 2 AWARD IN OLYMPIC WEIGHTLIFTING	LEVEL 2 AWARD IN WEIGHT TRAINING	OLYMPIC WEIGHTLIFTING WORKSHOP	BENCH PRESS WORKSHOP
<b>Who is the course aimed at?</b>	<ul style="list-style-type: none"> <li>• Those who want to learn more about how to perform the Olympic Lifts</li> <li>• Those who want to receive an official qualification for their own lifting</li> </ul>	<ul style="list-style-type: none"> <li>• Those who want to learn more about how to perform key Weight Training exercises effectively</li> <li>• Those who want to receive an official qualification for their own lifting</li> </ul>	<ul style="list-style-type: none"> <li>• Open to anyone wanting to improve their Olympic Weightlifting ability</li> </ul>	<ul style="list-style-type: none"> <li>• Open to anyone wanting to improve their bench press ability</li> </ul>
<b>What does it cover?</b>	<ul style="list-style-type: none"> <li>• Official BWL Technical Model (Key positions) for Snatch and Clean &amp; Jerk</li> <li>• Principles of how to lift effectively</li> <li>• Health and Safety whilst lifting</li> <li>• Assessment of your own lifting skills against the key positions</li> </ul>	<ul style="list-style-type: none"> <li>• Official BWL Technical Model (Key positions) for Weight Training exercises</li> <li>• Principles of how to lift effectively</li> <li>• Health and Safety whilst lifting</li> <li>• Assessment of your own lifting skills against the key positions</li> </ul>	<ul style="list-style-type: none"> <li>• Official BWL Technical Model (Key positions) for Snatch and Clean &amp; Jerk</li> <li>• How to improve your technique</li> <li>• Hints and tips on your lifting</li> <li>• Developing your own lifting skills against the key positions</li> </ul>	<ul style="list-style-type: none"> <li>• Official BWL Technical Model (Key positions) for the Bench Press</li> <li>• How to improve your technique</li> <li>• Hints and tips on your lifting</li> <li>• Developing your own lifting skills against the key positions</li> </ul>
<b>What does it qualify me to do?</b>	<ul style="list-style-type: none"> <li>• An official qualification to show that the individual can hit key positions and lift safely in the Olympic Lifts</li> </ul>	<ul style="list-style-type: none"> <li>• An official Qualification to show that the individual can hit key positions and lift safely in the key Weight Training exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Key information to take away to use within training</li> </ul>	<ul style="list-style-type: none"> <li>• Key information to take away to use within training</li> </ul>
<b>Next Steps?</b>	<ul style="list-style-type: none"> <li>• Looking to coach? Check out the coaching pathway.</li> </ul>	<ul style="list-style-type: none"> <li>• Looking to instruct? Check out the instructing pathway.</li> </ul>	<ul style="list-style-type: none"> <li>• Why not take the next step and receive a qualification for your lifting? Check out the Level 2 Award in Olympic Weightlifting.</li> </ul>	<ul style="list-style-type: none"> <li>• Looking to coach? Check out the Para-Powerlifting coaching pathway.</li> </ul>
<b>Pre Requisites</b>	<ul style="list-style-type: none"> <li>• Entry level course</li> <li>• Be at least 14 years of age on the first day of the course</li> <li>• Have some general experience of the lifts and weight lifting</li> </ul>	<ul style="list-style-type: none"> <li>• Entry level course</li> <li>• Be at least 14 years of age on the first day of the course</li> <li>• Have some general experience of weight training</li> </ul>	<ul style="list-style-type: none"> <li>• Entry level workshop</li> <li>• Be at least 16 years of age on the first day of the course</li> <li>• Have some general experience of weightlifting</li> </ul>	<ul style="list-style-type: none"> <li>• Entry level workshop</li> <li>• Be at least 16 years of age on the first day of the course</li> <li>• Have some general experience of the Bench Press</li> </ul>