

BEGINNER 

OLYMPIC WEIGHTLIFTING

MISSION START YOUR OLYMPIC WEIGHTLIFTING JOURNEY

USE COACH AND TO LOCATOR TO FIND YOUR
NEAREST BWL ENDORSED CLUB.

WHY BWL ENDORSED?

ONLY THE CLUBS WITH THE CORRECT STANDARDS
WILL BE ELIGIBLE TO TAKE PART IN THE LOCATOR.

THEREFORE PROVIDING YOU WITH THE NATIONAL
GOVERNING BODY STANDARD EDUCATION AND
PREMISES.

WHAT SHOULD YOU DO?

ORGANISE A TASTER SESSION

ASK QUESTIONS!

IT'S GOING TO FEEL AWKWARD BUT IT'S WORTH IT.
REMEMBER EVERY GOOD WEIGHTLIFTER HAD TO
HAVE A DAY 1 TOO.

LEVEL 2  COMING FEBRUARY 2024



BRITISH
WEIGHT
LIFTING