

BEGINNER 

## PARAPOWERLIFTING

**MISSION** START YOUR PARA POWERLIFTING JOURNEY

YOU'VE JUST SEEN OLIVIA BROOME BENCH 107KG AT THE 2021 TOKYO PARALYMPIC GAMES AND JUST LIKE THE REST OF US, YOU'RE INSPIRED. BUT YOU'RE NOT QUITE SURE HOW TO GET STARTED?

FIRST THINGS FIRST, YOU HEAD TO READ A LITTLE BIT MORE ABOUT PARA POWERLIFTING.

WHEN YOU'RE ABSOLUTELY ENTHRALLED AT THE PROSPECT OF A NEW OPPORTUNITY, YOU DOWNLOAD THE APPLICATION FORM FOUND ON THE SAME PAGE AND SEND IT ACROSS TO [CONNOR.MACDONALD@BRITISHWEIGHTLIFTING.ORG](mailto:CONNOR.MACDONALD@BRITISHWEIGHTLIFTING.ORG)

YOU'LL SET UP A DAY TO START TRAINING AND MAKING THOSE GAINS!

LEVEL 2  COMING FEBRUARY 2024