

EXPERT 

IT'S THE YEAR OF THE 2024 PARALYMPICS,
WHAT DOES YOUR JANUARY LOOK LIKE?

PARAPOWERLIFTING

MISSION STAY INJURY FREE, YOUR BODY IS YOUR MAIN PRIORITY

AFTER THE CHRISTMAS BREAK YOU'VE HAD A
CHANCE TO REST AND RECOVER AS BEST YOU CAN
BEFORE THE BIGGEST COMPETITION ON THE PLANET

AS THE JANUARY MORNINGS COME AROUND,
THEY'RE CHILLY AND YOU NEED TO STAY WARM.
WARM UPS ARE EXTENDED AND FORM IS A MAIN
PRIORITY TO AVOID ANY SMALL INJURIES.

EVERY SESSION COUNTS NOW, YOUR PRE-
PERFORMANCE ROUTINES, YOUR MEAL TIMINGS AND
INTRA WORKOUT NUTRITION HAVE BEEN DRILLED.
YOUR MAIN FOCUS IS THE DUBAI WORLD CUP TO
IMPROVE OR SOLIDIFY YOUR PLACE AT THE
PARALYMPICS

LEVEL 2  COMING FEBRUARY 2024