

## INTERMEDIATE

YOU'VE BEEN TRAINING NOW FOR A YEAR OR SO AND WANT TO TAKE IT TO THE NEXT LEVEL...

**MISSION** ENTER YOUR FIRST PARA POWERLIFTING COMPETITION!

### PARAPOWRLIFTING

AFTER EMAILING THE PARA POWERLIFTING TEAM YOU WANT TO SET UP A MORE FREQUENT TRAINING SCHEDULE IN ORDER TO GET STRONGER!

FIND YOURSELF A COACH WHO CAN TAKE YOU THROUGH THE BASICS AND START BUILDING THE WEIGHT YOU LOAD.

DEPENDING ON YOUR DISABILITY YOU MAY NEED TO ADAPT SOME EQUIPMENT IN ORDER TO HELP YOU MAXIMISE YOUR GAINS. OUR EXPERIENCED TEAM MEMBERS CAN HELP SHOW YOU WHAT IS MOST BENEFICIAL TO YOU!

YOU KEEP TRAINING AND GET INVITED TO COMPETE AT A LOCAL COMPETITION...

LEVEL 2  COMING FEBRUARY 2024