

INTERMEDIATE 

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

## OLYMPIC WEIGHTLIFTING

**MISSION** ENTER YOUR FIRST WEIGHTLIFTING COMPETITION!

IN ORDER TO ENTER YOU WILL NEED TO BE A BWL MEMBER, WHICH CAN BE PURCHASED FOR JUST £40 PER YEAR. AS A RESULT YOU'LL BE OFFERED EXCLUSIVE DISCOUNTS AND BESPOKE COMMUNICATIONS

ORGANISE YOUR COMP DAY!

YOU'LL NEED A BWL CERTIFIED LEVEL 2 COACH TO HANDLE YOU IN THE BACK ROOM

TALK TO YOUR COACH ABOUT YOUR ATTEMPTS, EXPECTATIONS AND GOALS

HAVE FUN!

IN ORDER TO GET TO LEVEL 2 YOU NEED TO RECORD A TOTAL

LEVEL 2  COMING FEBRUARY 2024