



**BRITISH  
WEIGHT  
LIFTING**

## Weightlifting House

Weightlifting House is the source for everything you need to know about weightlifting. Weightlifting House posts weekly weightlifting articles, weekly interviews, and weekly podcasts. They interview and film the greatest athletes and coaches in the world, host the weekly Weightlifting News Show, and cover the lives and careers of the greatest the sport has ever known.

Weightlifting House is one of our official partners for 2020.

‘The Home of Weightlifters’ proudly provide the official thumb tape of British Weight Lifting.

Weightlifting House’s tape, which comes in pink and blue, is designed to protect your thumbs whilst using hook grip and reduce pain. Weightlifting House’s tape is stretchy and sticky without the negative side effects, helping you to "Lift More, Hurt Less".

BWL members can claim £2.50 off a box of three rolls, with the coupon code “bwltape250”. For more information visit <https://www.weightliftinghouse.com/shopeurope/product-category/lifting-accessories/>

Weightlifting House also offers T-shirts, hats, hoodies, books, flags, banners and posters, and barbells.



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