



LEARN TO LIFT

For ladies who know strong is sexy



Why women avoid weights

- Don't know where to start
- Scared of 'bulking up'
- Think its complicated
- Feel self conscious

Why women should lift weights

- Lose Body Fat. **Weight** training builds muscle, as lean muscle increases so does metabolism
- Gain Strength Without Bulking
- Decrease Risk of Osteoporosis
- Reduce Risk of Injury
- Burn More Calories
- Improve Posture and Reduce Back Pain
- Enhance Mood and Reduce Stress



**LIFTING WEIGHTS MAKES
WOMEN HUGE?**



**FALSE. CUPCAKES
MAKE WOMEN HUGE.**

LEARN TO LIFT PROGRAM

Level One

3 hours Workshop

2 hours learning to lift

Bar-bell

Kettlebell

Dumb-bell &

Sand bag

Followed by a 45 Min Workout

Level Two

1 x lift session to progress technique and strength

Home training & Gym Workouts

Between 1:1 Session

Duration 4 weeks

NB: This option is only available to participants who have completed Level One

TIMES & FEES

Level one

Sat am: 9.30-12.30pm

Sat pm: 1.00-4.00pm

Weekdays: 11.30-2.30pm

(Except Monday)

Fee: £130

Contact Vicky for current available dates

07986 132 765



TIMES & FEES

Level Two

1:1 Sessions evening Thurs only

Weekdays by arrangement after 11.30am(except Monday)

Online training program delivered weekly

Access to a gym with weight machines is recommended but not essential

Fee: £320





PROGRAM DETAILS

- Gloves are recommended for barbell work
- As well as ensuring your lifting technique is safe and efficient
We also focus on body weight, posture and best practice for each individual
- Any injuries must be disclosed before sessions begin
- All sessions are pre-paid and booked in advance
- This is for 1:1 or 2:1 clients only
- Previous weight lifting experience is NOT a requirement. All levels can participate as we start where you are at and take it from there.

Payment Options & Special Offer

Level One £130

[Purchase](#)

Level Two £320

[Purchase](#)

Save £50 when you purchase Level 1 & 2 as a package

[Special Offer Purchase Both Programs together £400](#)

BOOKING INFO



- Please book directly with Vicky once payment has been made.
- Level ONE must be booked with in 1 week of purchase
- All 4 sessions for Level Two must be booked in advance. It is recommended you do not leave more than 2 weeks after completing Level One before participating in Level Two
- Contact Vicky by text or Whatsapp: 07986 132 765 or on Facebook