

Barbell Mechanics Course

Limited
places



The **Shire Speed and Strength *Barbell Mechanics Course*** is for athletes who want to develop efficient technique in the five fundamental barbell exercises that build into a proper lifting program for their sport.

THE FIVE LIFTS you will learn are:

- * The Dead Lift
- * The Overhead Press
- * The Back Squat
- * The Power Clean
- * The Bench Press

Participants will be instructed on the Balance, Kinesiology and Biomechanics of these basic Barbell movements.

The course includes 2 free coaching sessions to continue the development and application of the new skills.

This course will run on Sunday May 30th, 2010.
10am to 4pm

The cost of the course is \$105 per attendee which includes 2 free follow up coaching sessions. Places for this course are limited and bookings will be secured with a \$50 non refundable deposit.

84 Captain Cook
Drive, Caringbah

(02) 9540-9534

coachupham@shirespeedandstrength.com.au

