



WL 101



Gym Buddies

Weightlifting 101

A free program that will teach participants proper weightlifting form. We will meet on the scheduled days at 5:30 p.m. in the Strength and Conditioning room in Pratt Gym. The staff will be there until 7 p.m. and you can stop by any time! Gym buddies are welcome to meet at the event to get to know their buddy and to learn more about the lifts

Event

Date

Exercises

Squat Variations

September 17

Front and back squats

Hinge Movements

October 15

Deadlift variations

Push Movements

November 12

Bench press variations

Pull Movements

February 18

Pull ups, and row variations

Unilateral Movements

March 18

Lunge variations

The Carry

April 15

Farmer's Carry and core strength