



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SERIOUS TRAINING, SERIOUS RESULTS

Ladies Who Lift

Barbell training is the most effective way to increase strength and power, bone density, and lean body mass— learn the basic powerlifts in 6-weeks of progressive training!

SEPTEMBER 10th–OCTOBER 23rd
Rocky Mount

- Mondays 5:15pm–6:15pm
- Tuesdays 10:00am–11:00am
- \$55 for Members, \$70 for non-members

Participants in
the last round
increased an
average of 30#
per lift!

INSTRUCTION INCLUDES:

- Proper form for the squat, deadlift, bench press, and overhead press
- Assistance exercises
- 6-week program outline

SUGGESTED EQUIPMENT

- Gym chalk
- Flat, thin-soled shoes



Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622