



Gym Buddies

WL 101

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 18	Front and back squats
Hinge Movements	October 15	Deadlift variations
Push Movements	November 11	Bench press variations
Pull Movements	February 11	Pull ups, and row variations
Unilateral Movements	March 19	Lunge variations
The Carry	April 8	Farmer's Carry and core strength



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