

WHAT YOU'LL LEARN

At the end of these sessions you'll be able to:

LIFT

- ↔ Use Snatch Progressions to gain strength and build power.
- ↔ Use Pulls to increase your velocity and explosive efforts.
- ↔ Squat effectively for more power and stronger legs.

IMPLEMENT

- ↔ Incorporate Olympic lifting skills and drills in your current training.

PROGRAM

- ↔ Learn the common weak areas and know how to program the 10 exercises to improve them.

USE RESOURCES

- ↔ Meal plan, and Recipe List.
- ↔ Stretching/Mobility Program.
- ↔ Recommended Books, and Bookmarks.

DEMO DATES AND TIMES

May 23, 24, 29, 31 @2 - 3pm OR June 2 @ 2 - 3pm

Trainer guided workouts designed to improve your front/back/overhead squat, core strength, and posterior chain.

During this hour, your coach will guide you through a workout that will challenge your strength and mobility through different planes and positions. The cost is **\$299** plus tax. This includes:

**Squat Variations - Overhead Positioning - Core Strength
Upper Body Mobility - Lower Body Mobility**

*It's advised to attend at least one demo session as it will allow the coach to give feedback on form and advance you through the Snatch Series accordingly.



Sign up to book a demo.
William.haywood@goodlifefitness.com
Spots are limited.



FAQ

Will weightlifting change my physique?

It can indirectly. Weightlifting is a very explosive and concentric sport. Physique changes occur more from eccentric work, when your muscles are more under tension. However, when implemented in the correct program and nutrition is adjusted accordingly, weightlifting can be a great change to shift you out of a plateau with your training.

Do I have to drop the weight? I don't want to attract too much attention.

As mentioned before, weightlifting is a concentric sport; focused on how much weight you can get over your head with the total of the snatch and clean & jerk. There is not only explosive strength, but technique involved in the initial pull to bring large amounts of weight over head. Therefore, once it's established that you can finish the pull, your rep is complete. Aiming to control these large poundages back down to the ground is an easy road to injury. Of course, there is etiquette to making sure that you minimize the noise, as well as ensuring that you're using the correct plates for the sport.

How does competition work?

At competition, athletes have three attempts to snatch and three attempts to clean & jerk. The total of the best attempt of each lift is added and athletes are ranked accordingly (athlete with highest total placing first).

What is the difference between the snatch, and the clean & jerk?

This will be covered in the demo, and in more detail on the snatch through the sessions.

Do I need to wear equipment?

Weightlifting shoes are a must. These are important as they provide stability as you'll be under heavy loads. This will optimize your performance. Straps and knee sleeves will be up next, however are not necessary. Weight belts are used to help support trunk pressure when going under heavy loads, and can be helpful during certain lifts. Working on trunk pressure and core control will be a focus in going through these sessions, so belts will not be permitted.

Thank you for taking the time to read this pamphlet. Feel free to ask any questions you may have regarding weightlifting or fitness, whether in person, or via email.

Healthy Regards,
Will H.



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WILL HAYWOOD



As an athlete and Krump dancer, I've always enjoyed weight training. It was amazing to see that the time I put into my workouts had strengthened my movements and athleticism. After discovering weightlifting, this new-found passion created another channel for my motivation every time I walked into the gym; although a humbling and challenging sport, I learned it was very giving.

With dedication and consistency, you can gain another level of confidence, strength, and fulfillment within your training.

As a weightlifting coach, and a competitive lifter, it would be an amazing experience to share this training style with fellow lifters.

**FORGE YOURSELF
WITH THE BLACKSMITH**

BLACKSMITH TRAINING

18 SESSION SNATCH SERIES



WEIGHTLIFTING: A sport that challenges human ballistic strength, mobility, and coordination. The ability to lift maximal weights with such explosiveness and grace is definitely one of the aspects that attract those looking for new challenges in their fitness. There is also large carry over to sport as well as the ability to program with numerous other training styles and build unique physiques and athletic abilities.

TAKE A LOOK INSIDE TO FIND OUT MORE.