



MARCH

10

2:00 - 4:00pm

**WEIGHTLIFTING
ACADEMY
of
TASMANIA**

18 Knoll Street
Glenorchy

0423 767 955

Developing Leg Strength and Agility for All Athletes

A workshop for athletes and coaches

This 2 hour practical workshop on Sat 10 March will provide participants with in-depth knowledge on how to safely develop leg strength, hip and knee stability, flexibility, power and agility for increased sport performance. The workshop will be lead by Leo Isaac, a leading coach and educator in Australian Weightlifting. Training methodology will be discussed providing an experienced insight into the do's and dont's of good training practise. Participants will have the opportunity to ask questions.

Sign-up:

<http://www.weightliftingacademy.com.au/events/>

20 places - \$30 per person