



Ladies “GET INTO WEIGHTS” workshop

For ladies who want to become strong, toned and lean

This is a 4 week workshop designed especially for ladies who want to learn how to lift weights properly. Learn how to squat, deadlift, lunge with correct form plus learn the variations, what exercises are best for legs, bum, stomach and how to use dumbbells, barbells and machines effectively.

Most importantly gain confidence and learn that weights will not make you bulky! They will make you strong and toned!

Whats included?

- 4 x 1 hour small group personal training sessions
- Training programme
- Nutrition plan & recipe books
- Bikini Bodz vest top
- Access to private Facebook support group
- Full support from me I'm 100% in!

I have LIMITED spaces in my workshops and they go quickly

Please see my website for details on the next workshops near you and to book on

To speak to me directly please email tara@tarahallfitness.com



Tara Hall Fitness



@tarahallfitness



Tara Hall



What will I learn?

Week 1

First week will consist of how to warm up ready to lift weights including glute activation exercises. Then moving into basic bodyweight squats, progressing to adding weight, as well as lunges. I will always make sure you are lifting correctly and correct you if needed.

You'll learn the variations of squats, lunges, deadlifts and different areas they target.

Finally I'll show you how to stretch after weights and the most beneficial stretches to do.

Week 2

This is deadlift week as above we'll warm up and then go into teaching you how to deadlift properly and then move onto variations with lots of practising!

Week 3 & 4

We will recap over the last couple of weeks and then add in some upper body movements such as rack pulls, lat pull downs, bent over row, shoulder press etc.

By the end of week 4 you will feel much more confident training with weights and carrying out the training programme on your own! I've had great success from this workshop and really want to reach more women to show them that weights will not make you bulky, it will create the toned look you'd like. Plus add some more muscle, it adds shape to your body and you can eat more food - bonus!

Get ALL of the above for just £69 - just book online which date and location is best for you.

I look forward to meeting you!

Tara x