

LIFT FOR LIFE

TRACKING SHEET

Bodyweight

	Starting Weight	Week 2	Week 4	Week 6	Target Weight	Gym Staff
Hip Thrusters						
Bench Press						
Back Squat						
Deadlift						



LIFT FOR LIFE

MAR
2

APR
12



Lifting Classes

Lift for Life

If you've ever felt unsure about strength training, get ready to change that. Lift for Life is a supportive community workout where you'll learn how to move safely, lift confidently and progress at your pace. Whether you're a beginner or an experienced lifter, this class will support you to improve strength by showcasing exercise progression tailored to your ability, making you feel more stronger, confident and capable of your body's potential.



Tuesdays and Thursdays, 4pm - 5pm



Murdoch Active, Building 415

Hip Thrusts, Bench Press, Squats, Dead Lifts