

## **STRENGTH TRAINING & ITS BENEFITS**

**Student athletes that join the Strong Life team will receive coaching in the three competitive lifts – squat, bench press, and deadlift - through a progressive strength training regimen that is revised every 8 to 12 weeks after lifters assess their strength on a competitive platform.**



*Kellan and Finleigh (left) and Ashley and Mia (right)  
at the 2021 R.A.W. United Federation Championships awards ceremony*

**Lifters that train at Strong Life experience the physiological and psychological benefits of progressive strength training and competitive powerlifting. These include, but are not limited to, improved athletic performance in other sports, strengthening of the joints (which in turn decreases the likelihood of injury and/or reduces the severity of injury), improved self-esteem, and positive self-discipline.**