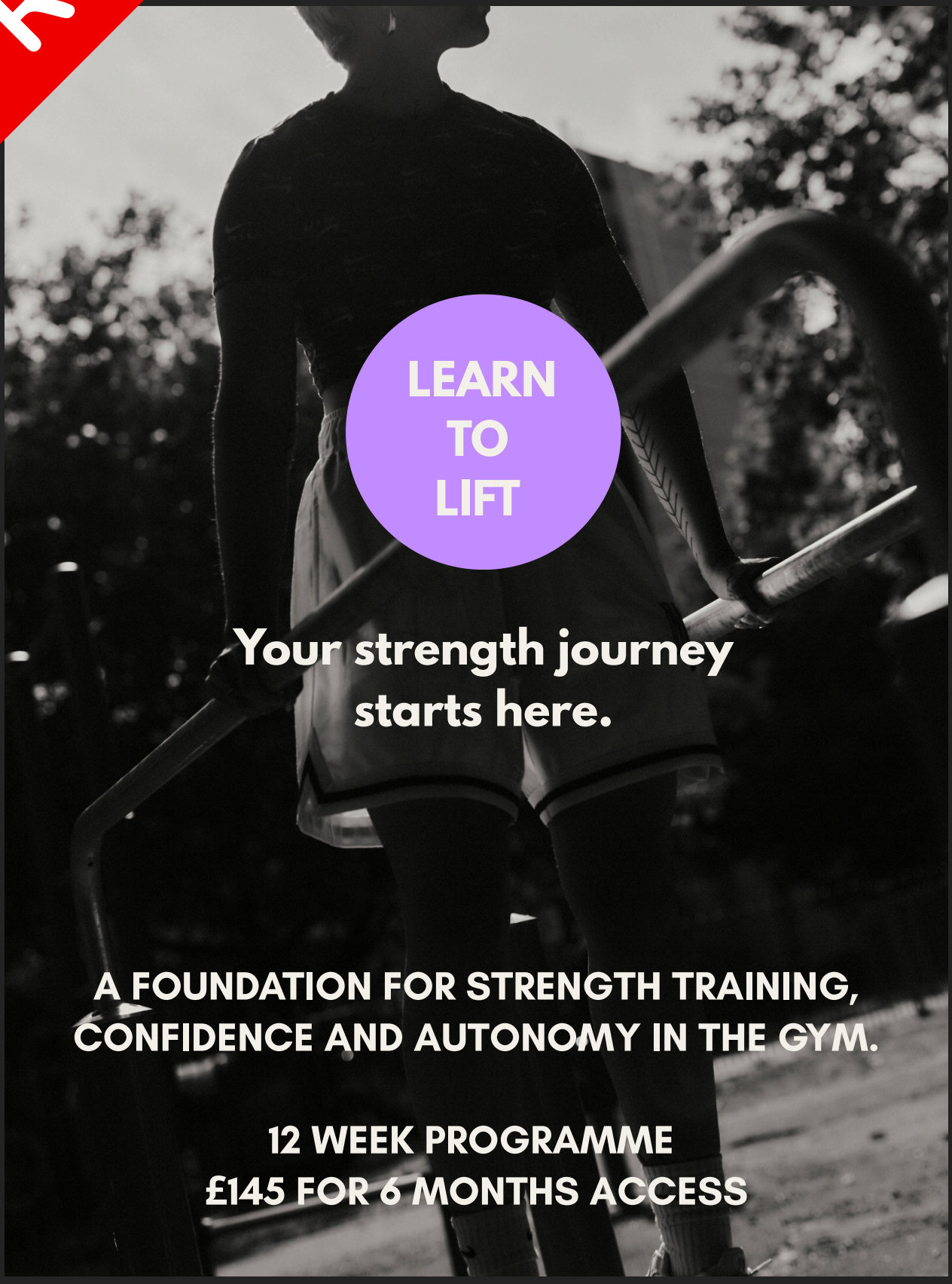
FREE

Click to try the 1st week FREE!



Read on to find out more!

WELCOME TO
LEARN TO LIFT: FOUNDATIONS

FIRSTLY WELL DONE FOR ENQUIRING ABOUT THIS PROGRAMME THIS IS NOT ALWAYS AN EASY STEP, AND **IT MEANS THAT YOU ARE READY TO GET MORE COMFORTABLE LIFTING WEIGHTS AND BEING IN THE GYM ENVIRONMENT! AND MORE IMPORTANTLY YOU'RE READY TO MAKE IT STICK.**

YOU'RE HERE BECAUSE YOU WANT TO LEARN HOW TO GET STRONGER AND SUPPORT YOUR BODY THROUGHOUT ITS LIFE SPAN, I DESIGNED THIS COURSE SPECIFICALLY TO SUPPORT THOSE WHO FEEL A LITTLE LOST OR DON'T FEEL COMFORTABLE EITHER IN A GYM OR USING WEIGHTS, BUT WHO STILL WANT TO REAP THE BENEFITS OF LIFTING.

I DESIGNED IT TO BE FREE FROM 'RESULTS' FOCUSED EXPECTATIONS, BUT TO ALLOW YOU TO FOCUS ON THE PROGRESSION OF LIFTING WEIGHTS. GETTING COMFORTABLE AND CONFIDENT WITH THE EQUIPMENT.

MY ETHOS IS **TO HELP PEOPLE DEVELOP LIFELONG HEALTHY HABITS THAT ARE AN INVESTMENT INTO OUR LONG TERM HEALTH AND WELLBEING.**

LEARN TO LIFT HELPS YOU GAIN THIS AWARENESS AND SUPPORTS YOU TO BUILD THESE HABITS OVER TIME.



IF YOU'RE LOOKING FOR A PROGRESSIVE PROGRAMME TO START YOUR WEIGHT TRAINING JOURNEY, THIS IS FOR YOU!



12 WEEKS OF WEEK BY WEEK PROGRAMMING SUITABLE FOR THOSE WHO HAVE UNDER 2 YEARS GYM EXPERIENCE AND THOSE RETURNING TO EXERCISE AFTER A 6+ MONTH BREAK.

LEARN TO LIFT HAS BEEN DESIGNED TO DEVELOP A FOUNDATION FOR STRENGTH TRAINING, BUILDING CONFIDENCE AND AUTONOMY IN THE GYM.

BUY NOW

DURING THE 12 WEEKS YOU CAN EXPECT TO LEARN:

HOW TO EXECUTE A SERIES OF EXERCISES

HOW TO FOLLOW AND LOG A PROGRAMMED WORKOUT

WHEN TO INCREASE THE LOAD ON AN EXERCISE

HOW AND WHY TO USE TEMPO AND REST TIMES

THE IMPORTANCE OF AEROBIC ACTIVITY

THE IMPORTANCE OF RECOVERY

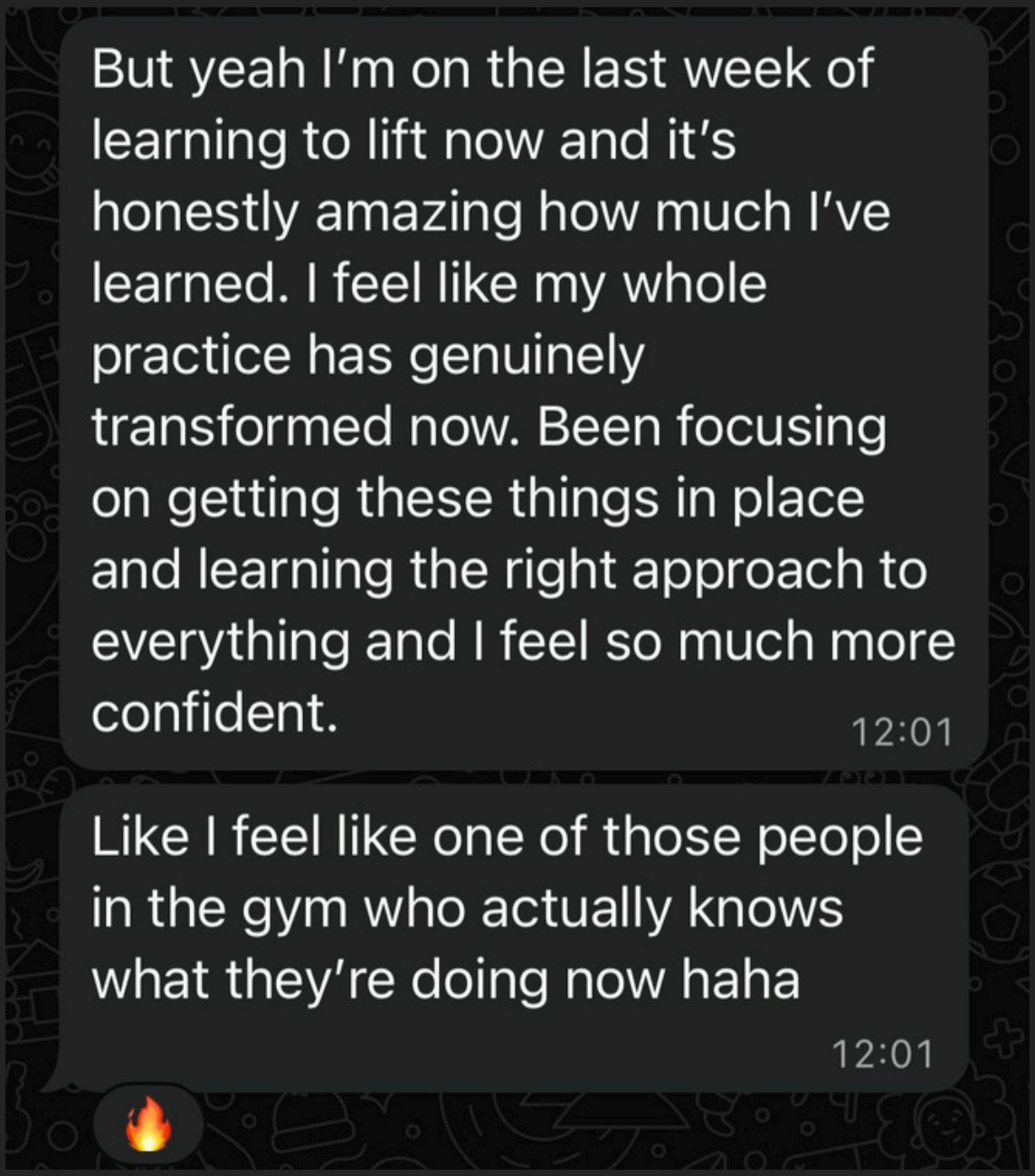
FEEL MORE COMFORTABLE TO TRAIN INDEPENDENTLY

FEEL EQUIPPED TO FOLLOW A PROGRAMME



BUY NOW

REAL RESULTS



Click here for more feedback from real humans!

BUY NOW

REAL RESULTS



Click here for more feedback from real humans!

BUY NOW

IF NOT NOW, WHEN?

IF YOU'RE LOOKING FOR A PROGRESSIVE PROGRAMME TO START YOUR WEIGHT TRAINING JOURNEY, THIS IS FOR YOU!



LEARN TO LIFT HAS BEEN DESIGNED TO DEVELOP A FOUNDATION FOR STRENGTH TRAINING, BUILDING CONFIDENCE AND AUTONOMY IN THE GYM.

£145 for 6 months access.

BUY NOW

NEXT STEPS

ONCE YOU PURCHASE YOU WILL BE EMAILED BY COACHRX ASKING YOU TO SET UP AN ACCOUNT. THIS IS WHERE YOU ACCESS YOUR PROGRAMME AND LOG YOUR SESSIONS.

(PLEASE CHECK JUNK FOLDERS.)

THE PROGRAMME IS DESIGNED FOR 3 SESSIONS PER WEEK, STICK TO THIS FREQUENCY WHERE POSSIBLE FOR BEST RESULTS.

WHAT TO EXPECT IN THE SESSIONS:

DURING YOUR TRAINING SESSIONS YOU CAN EXPECT:

TO COMPLETE 4 - 6 EXERCISES

TO EXERCISE FULL BODY

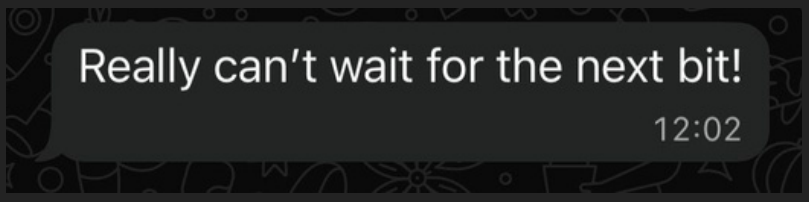
TO LOG A PROGRAMMED WORKOUT

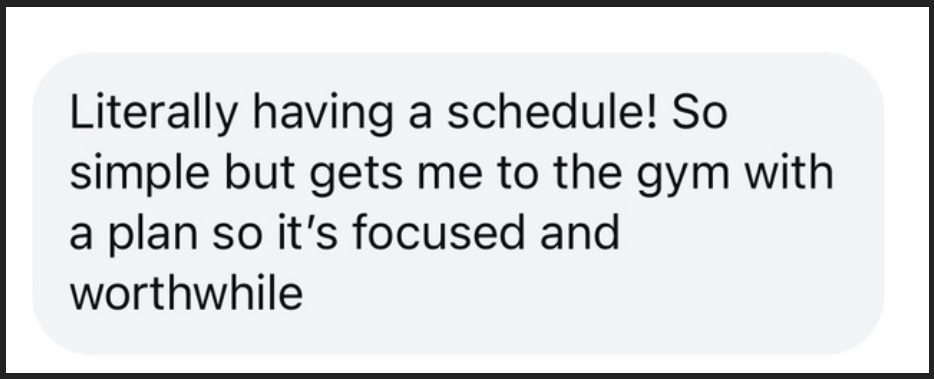
TO INCREASE LOAD AND PROGRESS EXERCISES OVER TIME

£145 for 6 months access.

BUY NOW

ONCE YOU'VE COMPLETED FOUNDATIONS, YOU'LL HAVE CONSISTENTLY TRAINED FOR 3 MONTHS!





IF YOU HAVE QUERIES, PLEASE GET IN TOUCH:

@TRAINWITHSCULPT

WHY NOT TAG US AND SHARE YOUR LEARN TO LIFT JOURNEY!