

# Introduction to weightlifting- Learn how to resistance train for intermediates

Adult

Leisure and Professional

Gain confidence in the gym and build strength safely with our Introduction to Weightlifting course, covering essential techniques, equipment, safety, and goal-setting principles.



Scan the QR Code for full course description, assessment and progression options from this course



## ENTRY REQUIREMENTS

Good level of fitness required

Own sportswear required and suitable footwear



## LOCATION & NEXT START DATE(S)

Cornwall College St Austell - 18 January 2025



### LEVEL

No Qualification

### DURATION

1.5 hrs a week for 6 weeks

### ATTENDANCE

Part-time

### FEES

Tuition Fees: £14.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.



## Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and apply online

