

STARTING STRENGTH



Not sure of the difference between a dumbbell and a barbell? Or a lateral squat and a split squat?

We know for some, that the thought of going to a gym can be incredibly daunting. Not least because of knowing what to actually do when you get there. Sure, the treadmill seems familiar, but what about being able to learn the basics of strength training, proven to increase energy, improve sleep, improve posture, enhance mobility, and result in less aches and pains?

Our 'Starting Strength' course is designed for those completely new to the gym and/or strength training. The course is completely free of charge and open to all University and College staff. Our qualified coaches will be on hand to teach you the basics, so no prior gym experience is necessary.



The programme will run for 4 weeks from **Tuesday 20th June** between **17:00-17:55** in the Team Training Room at the University of Cambridge Sports Centre.

Places are limited and will be issued on a first come first served basis. You will be asked to complete a medical questionnaire prior to training commencing.

To book your place, or for further details, please email **enquiries@sport.cam.ac.uk** or call **01223 336580**