

MashElite: Learn 2 Lift

Lecture and Hands on Seminar

MEP Experience: Technique, Progressions, & Tricks

The Overall Olympic Weightlifting & Athletic Experience

At **Gaglione Strength**

32 Allen Blvd

Farmingdale, NY 11735

Saturday November 23rd, 2013 from 8a to 5p

Cost is \$175

MashElite's Learn to Lift seminar will be a one day experience for beginning weightlifters, powerlifters, athletes, crossfitters, or anyone who just wants to get jacked! The seminar will focus on the Lifts of Weightlifting (Snatch, Clean & Jerk, & Progressions) The seminar will feature:

-Travis Mash BS, USA Weightlifting SPC, CPT, World Champion Powerlifter, ex Olympic Hopeful Weightlifter

Topics will include:

- Teaching the progressions of the lifts(Snatch, Clean & Jerk, & Squats to Help with Olympic Lifting)
- Recognizing and correcting mobility issues
- Dynamics of programming & how to implement
- Techniques that will immediately increase any of the lifts
- How It All Ties Together

Athletes **MUST** register to attend, space is limited to 30 athletes!

Contact Information:

www.MashElitePerformance.com

336-998-6379