

ERR WELLNESS SERIES WAYS WITH WEIGHTS

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JAN
1000-1200
VIRTUAL

REGISTER HERE



Have New Year's goals of getting stronger in the gym? Let our Semper Fit Strength and Conditioning Coaches help you reach those goals safely! This session provides participants with instruction in proper weightlifting techniques designed to build strength while reducing injury. Participants will learn:

- Correct form for the foundational movement patterns - Squat, Hinge, Lunge, Pushing, Pulling, and Locomotion
- Principles of proper body alignment
- Effective breathing techniques
- How to engage the correct muscles for each movement

For more information: 843-228-1021 or sc.err.mcftb@usmc-mccs.org.

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