

SKIATOOK POWERLIFTING

Summer lifting program.

- June 5th through August 4th, 2023.
- Monday, Tuesday, Thursday, Friday
1:15 pm - 2:30 pm.

\$75.00 per student. No addition charge if a student attends summer pride.

(Cks made out to Tom DeClue)

- Building proper techniques for bench, squat, and deadlift.
 - An 8 week program will be followed for strength gains.
- We will also focus on accessories that aide in building strength in the 3 powerlifting lifts.

Any questions contact Dr. Thomas DeClue
Office [918-396-3777](tel:918-396-3777) or through messenger on Facebook at
Skiatook H.S Bulldog Powerlifting

This program is not a substitute for summer pride.