About the Program

As a member of OU’s Campus of Fitness and Wellbeing program: Learn to Lift, you will be taught the three of the core (compound) lifts that are staples to any weightlifting fitness program. This 6-week program will dedicate 2 weeks per lift to build a foundation of proper technique and practice.

The program will focus on the barbell back squat, deadlift, and bench press. Modifications and progressions can and will be made specific to the individual. This program will be led by a certified personal trainer with knowledge and skill of weightlifting principles and programming.

Schedule

**WEEK 1-2 |** Back Squat
**WEEK 3-4 |** Bench Press
**WEEK 5-6 |** Deadlift
Program Objectives

1 | Learn the “CORE 3” major compound lifts and understand how they fit into a workout program.

2 | Perfect the fundamentals and Technique of each skill.

3 | Demonstrate proper form while utilizing safety and injury prevention measures.

Learning Outcomes

1 | Two weeks are dedicated to each lift | one week to learn the form & one week to practice.

2 | Hands-on experience led by a certified personal trainer.

3 | Safe space to ask questions, practice, and learn all things to love about lifting!

WEEK 1-2 | Back Squat

What you will learn

- Proper warm up
- Mobility work
- Correct set up using a squat rack
- Body positioning
- Eccentric & concentric actions
- Breathing techniques
- Core bracing techniques
- Progressing / regressing in weight
- Where a back squat should be placed in a workout program
- Supplemental exercises to a back squat
- What muscles are targeted
**WEEK 3-4 | Bench Press**

What you will learn

- How to set up a bench press
- Body placement on bench
- Breathing techniques
- Hand placements
- Targeted muscles
- Where the bar lands
- Progressions / regressions
- Where a bench press should go in a workout program
- Supplemental exercises to a bench press

**WEEK 4-6 | Deadlift**

What you will learn

- Proper bar & set up
- Body positioning
- Push / pull motion
- Core bracing
- Breathing techniques
- Targeted muscles
- Progressions / regressions
- Where a deadlift should go in a workout program
- Supplemental exercises to a deadlift