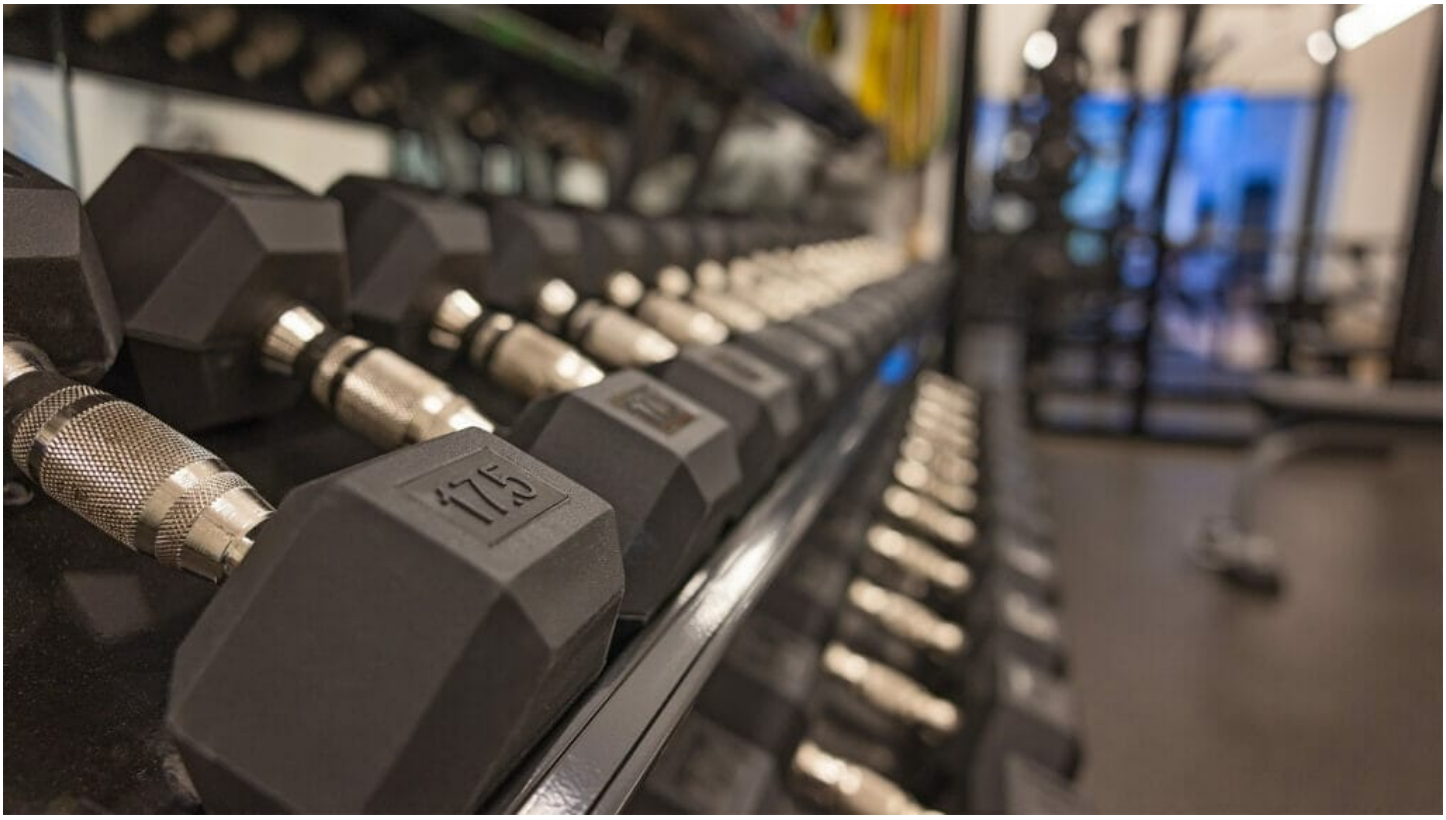
Can I attend Lift Club if I have back pain or injuries?

Lift Club FAQs · https://physeq.com/phys-eq-faq/can-i-attend-lift-club-if-i-have-back-pain-or-injuries/



Can I attend Lift Club, small group weight lifting, if I have back pain or injuries?

At Physical Equilibrium, we understand that back pain or injuries can be a concern when it comes to participating in our Lift Club small group weight lifting class. We want to ensure the safety and well-being of all our members, so we have provided some information below to help you make an informed decision.

Will Lift Club aggravate my back pain or injuries?

While Lift Club is designed to challenge and strengthen your body, it is important to listen to your body and consult with medical professionals before participating in any physical activity. If you have back pain or injuries, it is crucial to seek advice from a qualified healthcare provider who can assess your condition and provide specific recommendations tailored to your needs.

Can I modify Lift Club exercises to accommodate my back pain or injuries?

Yes, our knowledgeable trainers are experienced in modifying exercises to suit individual needs. They will work closely with you to understand your limitations and provide alternative exercises or modifications that can help you participate safely and effectively in Lift Club. Our trainers collaborate with medical professionals, such as physicians, physical therapists, and chiropractors, to ensure a comprehensive approach to your fitness journey. Although be mindful that Lift Club is a group class so the individual attention will be limited and you might be better suited for private personal training or Pilates rather than Lift Club.

Should I consult with a trainer before joining Lift Club?

It is highly recommended to schedule a consultation and a private personal training session with one of our trainers before joining Lift Club if you have back pain or injuries. During the consultation, our trainers will assess your condition, discuss your fitness goals, and provide expert guidance on whether Lift Club is suitable for you. They can also offer personalized recommendations and modifications to ensure a safe and enjoyable workout experience.

If you have any further questions or concerns regarding attending Lift Club with back pain or injuries, please don't hesitate to contact us. We are here to support you on your fitness journey and help you reach your health and fitness goals.