# Can I incorporate Lift Club into my existing fitness routine?

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## Can I incorporate Lift Club into my existing fitness routine?

Yes, absolutely! Incorporating Lift Club into your existing fitness routine can be a great way to enhance your strength training and take your workouts to the next level. At Physical Equilibrium, our Lift Club is a small group weight lifting class specifically designed to help you build muscle, increase strength, and improve overall fitness.

### What is Lift Club?

Lift Club is a dynamic and engaging small group weight lifting class that focuses on traditional weightlifting using compound exercises and the "core" lifts like: barbell squats, bench press, deadlifts, pull ups, etc. We teach proper form and technique of all of these traditional lifts as well as the proper warm ups before getting to the main lifts, and then accessory exercises that work smaller muscles. Led by our experienced trainers, Lift Club offers a supportive and motivating environment where you can challenge yourself and achieve your fitness goals.

### How can Lift Club benefit me?

Lift Club can benefit individuals of all fitness levels and backgrounds. By incorporating Lift Club into your fitness routine, you can:

- **Build strength:** Lift Club is specifically designed to help you build muscle and increase overall strength.

- **Improve technique:** Our experienced trainers will guide you through proper lifting techniques to ensure safety and maximize results.
- **Enhance performance:** By incorporating strength training into your routine, you can improve performance in other areas, such as cardio or sports activities.
- **Boost metabolism:** Building muscle through Lift Club can help increase your metabolism, leading to more efficient calorie burning and potential weight loss.
- **Stay motivated:** Exercising in a small group setting like Lift Club can provide extra motivation and accountability to help you stay consistent with your fitness routine.

## How can I join Lift Club at Physical Equilibrium?

Joining Lift Club at Physical Equilibrium is easy! Simply visit our Midtown Manhattan studio located at Madison Ave, New York City, NY 10022, check out our schedule of classes online, or you can also give us a call or text us at +1(917) 873-6100 to learn more about Lift Club and our other fitness offerings. We are here to support you on your fitness journey and help you achieve your health and fitness goals.

Take the next step in your fitness journey and incorporate Lift Club into your existing routine. Join us at Physical Equilibrium and experience the difference in building a healthier and happier future for yourself. We can't wait to workout with you!

For any further questions or inquiries, please don't hesitate to reach out to us on our contact page.