# Can I use Lift Club to complement my sports training?

Lift Club FAQs · https://physeq.com/phys-eq-faq/can-i-use-lift-club-to-complement-my-sports-training/

## Frequently Asked Questions: Can I use Lift Club to complement my sports training?

### 1. What is Lift Club?

Lift Club is a small group weight lifting class offered at our workout facility in Midtown Manhattan, New York City. It is designed to help individuals improve their strength, endurance, and overall athletic performance by focusing on the traditional core lifts like barbell squats, deadlifts, bench press, pull ups, and more.

### 2. How can Lift Club complement my sports training?

Lift Club is a great way to complement your sports training because it focuses on building functional strength, improving power, and enhancing overall athleticism. By participating in Lift Club, you can enhance your performance in various sports activities such as running, triathlon, golf, tennis, pickle ball, cycling, and more.

### 3. What are the benefits of joining Lift Club?

By joining Lift Club, you can:

- Improve your strength and power
- Enhance your athletic performance

- Build functional muscles
- Prevent injuries by strengthening the muscles and joints
- Boost your overall fitness and endurance

## 4. Who can join Lift Club?

Lift Club is suitable for individuals of all fitness levels, from beginners to experienced athletes. If you don't have prior lifting experience we suggest you first take the Intro to Lift Club class. The teacher can assess your current level to see if you are an appropriate candidate for the general Lift Club offered several times per week. If you have lifting experience and are not injured then you can attend the open Lift Club.

## 5. How often should I attend Lift Club sessions?

The frequency of attending Lift Club sessions depends on your personal schedule and fitness goals. We recommend attending at least two sessions per week to see significant improvements in your sports training. Although if you are working out on your own other days, even just attending 1 day per week can enhance your sports and performance goals.

## 6. Can I participate in Lift Club if I have a pre-existing injury?

It depends. You can participate in Lift Club if you have a pre-existing injury if you feel that your injury doesn't prevent you from doing any specific movements. If your injury is affecting your movements or you need to modify lifts then it is better you attend the Intro to Lift Club or do private personal training sessions. Our trainers are experienced in post-rehabilitation personal training and can provide modifications and adaptations to ensure your safety and progress during private sessions. We cannot provide modifications during the group class.

## 7. How do I get started with Lift Club?

See the Lift Club Schedule Here!

To get started with Lift Club, simply contact us at +1(917) 873-6100 or visit our website at https://physeq.com/contact-phys-eq-physical-equilibrium-madison-ave-new-york-ny-nyc-10022/. Our friendly team will guide you through the registration process and answer any additional questions you may have.

Don't miss out on the opportunity to complement your sports training with Lift Club! Join us at Physical Equilibrium and experience the difference in building a healthier and happier future for yourself. We're here to support you every step of the way!