



# "How to Clean" Weightlifting Class

**5pm September 12, 2024**

***Come learn proper technique through this FREE class!***

Interested in learning how to improve your Clean but can't find a class or coach? Join us for this **free class. Novice & those looking to improve technique are welcome!**

**Why learn how to Clean?**

- Improved core and leg strength
- Develop speed and hip power
- Improved strength, speed & athletic performance

- **And it's fun**



Please RSVP: [wtliftingclub@gmail.com](mailto:wtliftingclub@gmail.com)  
Location: NIH Gym (Bldg. 53)



**About NIH Weightlifting**  
*A Non-Profit USA Weightlifting (USAW) Club*



**Lead Coach: Michael Sipes  
& Hari Rallapalli**

USAW Certified Coach • President & founder of the NIH Weightlifting Club •

***Want to learn more? Visit [www.sites.google.com/site/nihweightliftingclub](http://www.sites.google.com/site/nihweightliftingclub)***