



MAGNIFY YOUR LIFTS

"Magnify Your Lifts" is Magnify Physical Therapy's 8-week program designed to help individuals conquer their goals related to Olympic lifting.

This program might be for you if you have "hit a wall" or have stalled progress with your lifting capacity. You might notice you have more strength with power snatches than with your overhead squats. You can perform back squats with ease but not front squats. You might be able to perform power cleans, but are not comfortable with your squat clean capacity. You are able to perform several push up repetitions, but are not comfortable with a bench press.

Included:

Two (1-hour) assessments: 1 at the start and 1 at the end of the 8 weeks.

Your functional biomechanic assessment is performed by a doctor of physical therapy. This assessment can be done virtually or in-person. After you receive your movement diagnosis, your physical therapist then prescribes specific performance physical therapy interventions to target your individual needs.

Content for 2 (15-20 min) sessions/week: content is virtually sent to you (either for the whole month or 1 week at a time). You perform these interventions on your own; they can be performed at your own fitness facility.

Video analysis: 1x/week (minimum) you send your doctor of physical therapy videos of your lifts for further analysis, trouble shooting, and prescribed modifications.

Access to your doctor of physical therapy any day/time of the week via virtual messaging, phone call, or email.

Option: in-person doctor of physical therapy support at any local competitions you may participate in.

Cost: \$800 for 8 weeks