

A woman with blonde hair tied back is performing a clean and jerk lift. She is holding a barbell with two large yellow 15kg Rogue weight plates above her head with both arms. She is wearing a white tank top and white sneakers. The gym has a white wall with 'URBAN BASE FITNESS' written in large teal letters. A teal circular logo with 'UBF.' and 'URBAN BASE FITNESS' is in the top center. The bottom half of the image is obscured by a black text box.

UBF.

URBAN BASE FITNESS

Urban Base Fitness Weightlifting

Scientifically Programmed and Designed To
Create An Elite Athletic Environment For
Aspiring Weightlifters



Train Like an Athlete

At UBF we understand that all sports and athletes are different. This is why our coaches individualise programs specific to your goals, weaknesses, training age/experience and sport.

Weightlifting is a highly specific, skill based and complex sport. It incorporates the use of two independent lifts involving explosively accelerating a barbell into an overhead catch position.

The 'Clean & Jerk' and the 'Snatch' are explosive movements as they require a combination of maximal strength and maximal speed.

Why do you need a quality Weightlifting coach to perform at your best?

- Our weightlifting coach, Ash, is highly qualified and as a weightlifter herself she fully understands the demands of the sport. When training athletes you need an extensive understanding of the physical demands of the sport, an understanding of load monitoring, common sport related injuries, end stage rehab and how to adapt programs accordingly.
- Ash follows tried and tested methods of programming to enable you to reach your potential. All programming is individualised and periodised using scientific principles and follow progressions through the complex movements of weightlifting, teaching you how to safely and effectively produce explosive force and power.



UBF Elite Weightlifter Pathway

1. MOVE

Learn the complex skills involved in weightlifting



- Learn strong base positions and postures for weightlifting
- Strengthen core for improved force transfer
- Address mobility issues and injury risks
- Learn weightlifting specific movements - snatch, clean and jerk
- Safe introduction to load

2. BUILD

Build the Foundations of Performance



- Get stronger and more resilient
- Develop your maximal strength more effectively
- Increase lean muscle mass
- Perfect skill, technique and form

3. COMPETE

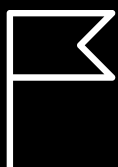
Optimise Strength, Speed and Power Development



- Build explosive power and speed
- Physically prepare for competition
- Step into more advanced training methods and exercises

4. ELITE

Elite Level Programming and Periodisation



- Elite programming and periodisation around competitions
- Train for the 1% improvements
- Reach your performance potential and peak at optimal times
- Adapt training sessions according to readiness and load



Programs, Tracking & TeamBuildr

All Weightlifting Members receive exclusive access to our programming app TeamBuildr, allowing you to easily understand, follow and track your training

Weightlifting



-  **WARM UP**
-  **Weightlifting Dowel Warmup**
- circles - shoulder breakers - standing twists - overhead squat X3 rounds 6 reps on each
-  **Snatch Grip Sot's Press**
- Sitting in full depth squat - Press bar or dowel overhead - Maintain upright torso 5 reps x 2 rounds
-  **WEIGHTLIFTING**
-  **SNATCH**
5 x 3 - Off blocks
-  **STRENGTH**
-  **FRONT SQUAT**
4 x 4
-  **SNATCH: DEADLIFT**
4 x 5
-  **PLATE BENCH PRESS**
4 x 5 - Floor press if in garage
-  **SINGLE ARM LANDMINE ROW**
4 x 5



How we program

- Every good session begins with the warmup, at UBF we utilise RAMP principles, to raise heart rate, activate relevant muscle groups, mobilise joints for fluid movement and potentiate movement patterns specific to your program
- Our Weightlifting programs target skill based exercises to developing the snatch and clean and jerk movement patterns
- We cover all bases with our Strength Programming, targeting necessary movement patterns and muscle groups for improved performance. We utilise supersets and tri-sets to maximise training volume in minimal time
- We program scientifically sound training programs



Weightlifting Hour

As a UBF Weightlifting Athlete you will have access to our 2 Weightlifter Hour sessions. Unlike any commercial gym, the performance area of UBF is exclusively closed off to our weightlifting members. This is the perfect time to complete your program under the watchful eye of Brent, our weightlifting coach.

Whether you want to tidy up your skill progressions, need helpful cues, movement variations or need a spot - Brent will be on the floor floating between our weightlifting athletes.

Weightlifting Hour Schedule:

Tuesday

6:30pm

Thursday

6:30pm

Saturday

8:30am



Pricing and Features

Become a part of team UBF

1:1 Weightlifting Coaching

- 1:1 coaching session every week with weightlifting coach
- 1:1 Strength Testing
- Individualised, periodised program on a 4 week block
- Training load management
- Access to TeamBuildr, including video analysis of some of your lifts
- Coaching through weightlifting competitions you enter
- Access to "Weightlifter Hour" sessions if doing 2 or more 1:1 sessions per week

\$90 Per Session

Elite Weightlifting Athlete

- 1:1 coaching session every week with weightlifting coach
- 1:1 Strength Testing
- Access to 2x "Weightlifter Hour" sessions per week
- Individualised, periodised program on a 4 week block
- Training load management
- Access to TeamBuildr, including video analysis of some of your lifts
- Coaching through weightlifting competitions
- Gym access

\$120 Per Week

Urban Base Fitness is built for athletes by athletes and high level strength and conditioning coaches. Providing you with an elite level facility and the tools necessary to improve your sports performance and optimise your athletic potential



Pricing and Features

Become a part of team UBF

Performance Weightlifting Athlete

- 1:1 program run through session every 4 weeks with weightlifting coach
- Access to 2x "Weightlifter Hour" sessions per week
- 1RM testing session 4x per year
- Individualised, periodised program
- Training load management
- Access to TeamBuilder, including video analysis of some of your lifts
- Unlimited Gym access

\$80 Per Week

Base Weightlifting Athlete

- 1:1 program run through session every 8 weeks with weightlifting coach
- Access to 2x "Weightlifter Hour" sessions per week
- Individualised, periodised program
- Training load management
- Access to TeamBuilder, including video analysis of some of your lifts
- Unlimited Gym access

\$60 Per Week

Urban Base Fitness is built for athletes by athletes and high level strength and conditioning coaches. Providing you with an elite level facility and the tools necessary to improve your sports performance and optimise your athletic potential

As weightlifting is highly complex and skill specific new members must commit to 1x 1:1 coaching session per week for 2 4week program blocks to cement their technical skill before joining our weightlifting memberships



WANT TO JOIN A COMMUNITY OF LIKE MINDED ATHLETES AND COACHES?

Its time to take your training to the next level and there is no better place than Urban Base Fitness for your weightlifting needs.

To see if our weightlifting program will work for you please contact us via phone or email.

Don't forget to follow UBF on our socials to keep up to date!

Chat soon,
Team UBF



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@erin_ubf
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@brent_ubf



Urban Base Fitness



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