

A man in a green t-shirt and black shorts is performing a deadlift. He is bent over, holding a barbell with red and blue Eleiko weights. The background is a gym with a blue wall and a white logo that says "ELEIKO".

Bay Strength

Deadlift Clinic - \$15

**Saturday, September 9th
3:00 pm - 5:00 pm
The Training Station, Alameda
Beginners welcome!**

**Register here:
www.baystrength.com/deadlift**