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Blake's Barbell Club 2.0



Blake Piesto, a four-time USA Powerlifting gold medalist and JCC Personal Trainer, will be your guide as you progress to Barbell Club 2.0

This eight-week program will get help you reach to your maximum strength potential.
Pre-requisite: Completion of Blakes Barbell Club 8-week Peaking Program

Sub-Maximal Loading:

Build on variations of the squat, bench, and deadlift in a more interesting and fun manner. You don't have to lift heavy all the time.

Hypertrophy Work:

Focus on building muscle size, both for aesthetics and major health benefits.

Weekly Sessions:

Programming is updated on a weekly basis and workouts are done on your own. We will meet in person weekly to check progress.

Fee: \$150/Members | \$200/Guests

For questions and to sign up, contact Blake Piesto at 410.559.3535 or bpiesto@jcc.org