

## Lift3 Launches New Gyms on Central Coast



**Central Coast, Oct 6, 2020 ([Issuewire.com](http://Issuewire.com))** - We are excited to announce our plans to expand the Lift3 brand into Australia, at Pioneer Avenue, Tuggerah, NSW, 2259

It is clear, but we will mention it -- heading to the [gym on Central Coast](#). It is best for your wellbeing and exercise! To put it differently, through the exercise, we boost our cardiovascular fitness through strengthening our lungs and heart and, we boost our strength by producing lean muscle. The Australian Government Department of Health urges five hours of moderate exercise each week, such as muscle-

strengthening activities at least two times each week.

Australia represents a unique opportunity to grow in a market that combines a favourable operational environment, a desirable competitive landscape and an opportunity to develop a large fleet of clubs.

Lift3 is hoping to attract customers with weekly membership fees , yet despite the low rates, it plans to have clubs “staffed 24 hours a day”.

The company has been asked to comment on what assurances it is providing prospective franchisees about profitability, given the labour costs associated with 24-hour staffing under Australian workplace laws and the stated pricing structure.

We create exceptional people by curating an environment of learning and support to drive outcomes.

With a focus on high quality movement we build a foundational base of strength, mobility and stability that generates exceptional results.

200m2 of lifting paradise and over 3,500kg of Plates, Barbells and Dumbells, Lift3 is a compact but exceptionally well equipped Gym. Designed to promote high quality movement patterns, everything is here for a reason.

All equipment is selected to enable the coaches to take any person at any stage and start working with them where they are towards strong stable movements.

Key areays are:-

**Powerlifting:** With a full setup for competitive powerlifting you can train as you'd compete along with coaches who can guide you to better technique and stronger.

**Olympic Lifting:** Whether a beginner to Olympic Lifting or an expert we have a large platform and Comp spec (Male and Female) bars along with a full set of Jerk Blocks so that you can train without compromise or fear as dropping weights is completely accepted at Lift3.

**Strongman:** Strongmen and Women have everything they need too to train with all kinds of weird and wonderful objects to push, pull, carry and more.

Coaches:

Carlie Hasell, Brad Porter, Jesse Saunders, Joe Willis

We have 3 programme currently.

1. Lift3 Athletic Performance Program
2. Parental performance programe
3. Youthdevelopment program

### **About Lift3:**

[Lift3](#) a Strength and Conditioning Gym/Physical fitness centre in Tuggerah, New South Wales, Australia

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