



# **The David Hoff Bench Press Clinic**

*(Latest Member of the 1000LB Bench Club)*  
*January 11<sup>th</sup> 2014*

*What is the location?*

**Holiday Inn & Suites  
110 McSwain Drive  
West Columbia, SC 29169  
Phone: 803.391.4000**

*Start Time: 9:15 AM*

*What to expect:*

- Learn the proper Bench Press Set-Up!
- How to position yourself
- The Wedge technique
- Westside Bench Press Methods
- Raw or Equipped, doesn't matter

*Who may attend?*

- We will accept applicants, 'Day of', for this event.
- Anyone that wants to learn from the best!
- A must for strength *Coaches, Athletes, Powerlifters, CrossFitters and Gym Rats.*

*What is the cost?*

- You may prepay for the Dave Hoff Bench Clinic!
- \$50.00 Payment due via snail mail or Day of Clinic!
- This will include your price of admission for The Dixie!

**Make Payment to: *Donnie Thompson Tours, 125 Sharon Circle, West Columbia, SC 29169***

**Email: [donniethompsonpower@gmail.com](mailto:donniethompsonpower@gmail.com) Cell: 803.537.0671**

