



What our members say

Joining LLtL has been a truly empowering experience. I had always been intrigued by powerlifting but felt lost on where to begin and found gyms intimidating. Walking into the first session, I was immediately put at ease due to the warm and inviting atmosphere. Everyone has been nothing but supportive and the coach is very attentive. Another concern of mine were some past injuries, however, we were able to work out a safe plan around them. I am so glad that I was able to begin my powerlifting journey with LLtL and I now feel empowered to continue my lifting journey even beyond Oxford. I would encourage everybody to join this amazing community. You won't regret it!

I joined LLtL during a very tough time of my DPhil, between finishing my experiments and trying to make sense of all my work of the past four and a half years. The great atmosphere of the Wednesday lifting session became my favourite getaway, kept me sane, and helped me discover how strong and stubborn I can be. The club also made it to my thesis acknowledgements!

As I have a minor disability, I had assumed that I would never participate in the sporting aspect of Oxford life, particularly as a member of a club. But the condition has caused very few problems when it comes to lifting, so instead, I've been able to improve my fitness and integrate into the life of the College and University more than I had ever thought I could.