

STRENGTH SEMINAR

LAURENCE “THE WARRIOR” SHAHLAEI

Saturday 21 April 2018

Dulwich College Sports Club
Pond Cottages SE21 7LE

13:00 to 18:00



First come first served
Max 20 people



EVENTS IN SEMINAR

ATLAS STONES
DEADLIFT
SUPER YOKE
LOG PRESS

The day will then end with 1-2-1 meet and greet for all guests, which will include an opportunity for photos and autographs.

LAURENCE SHAHLAEI'S HONOURS:

UK's Strongest Man 2017
9x WSM competitor
Europe's Strongest Man 2016
Ultimate Strongman World Champion 2016
2 times Britain's Strongest Man
Multiple Strongman Champions League contest winner
Multiple Giants Live winner
British Powerlifting Champion

One of many World Records: Frame Carry 450kg
over 20 metres in 10.5 seconds

<https://www.laurenceshahlai.co.uk/upcoming-events>



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