

THREE LIFT MAX CHALLENGE

Gertsch Physical Fitness Center

3610 Indiana Avenue

Friday, January 25, 2019

11:30a-1:00p

Registration: Through Thursday, January 24, 2019

Open to all DoD ID Card holders ages 16 and up

After weigh-in, participants will compete to lift their max in squat, deadlift and bench press.

Body weight will be subtracted from total lifts to determine winners.

Awards for males in 1000lbs, 1200lbs, 1500lbs and females in 500lbs, 600lbs, 800lbs

Winners will receive prizes. All participants will receive a shirt.

FREE

For more information **270.798.2753**

*Government Endorsement Not Implied.

