

Lunch Break Men's 1000 lb. Club & Women's 500 lb. Club

Olive PFC

6990 A Shau Valley Road

Friday, November 16, 2018

11:00a-1:00p

- 3 different lifts: Bench Press, Squat and Deadlift
- 3 chances for each type of lift
- Lift 1000 lbs. - become an exclusive member of the 1000 lb. club
- 1000 lb. Club open to ID card holders age 16+
- 500 lb. Club open to ID card holders age 18+
- Top 3 male and top 3 female competitors win prizes

*Sponsored By:



FREE

Registration is required. Registration forms will be available at all PFCs.
Registration ends November 15 at 3:00p.

Weigh-in will be November 14 & 15 from 8:00a-3:00p at Olive PFC.

For more information **270.798.4101**

*Government Endorsement Not Implied.

