

# MEDICINE BALL SQUAT AND THROW CHALLENGE



Clarksville Base Physical Fitness Center

7540 Headquarters Loop Road

Friday, February 8, 2019

11:30a-1:00p

Open to all DoD ID Card holders

Participants have 2 minutes to complete as many squat and throws, in proper form, as possible.

Medicine ball must reach the target area for repetitions to count.

All participants will receive a shirt.

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FREE

For more information 270.412.5285

\*Government Endorsement Not Implied.

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