



1000 POUND CHALLENGE

Olive Physical Fitness Center

6990 A Shau Valley Road

Friday, March 29, 2019
11:30a-1:00p

Registration: Through Thursday, March 28, 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.

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

Weight Club tee shirts are awarded based on TOTAL weight lifted.

Winners will receive prizes. All participants will receive an Olive PFC shirt.



FREE

For more information 270.798.4101

*Government Endorsement Not Implied.

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