

# 1000 POUND CLUB CHALLENGE

Olive Physical Fitness Center, 6990 A Shau Valley Road

Friday, May 31, 2019

11:30a-1:00p

Registration: Through Thursday, May 30, 2019

**FREE**

**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 t-shirts are awarded based on TOTAL weight lifted.

**Winners will receive prizes. All participants will receive an Olive PFC t-shirt.**

**For more information 270.798.4101**

\*Government Endorsement Not Implied.

