

# WARRIOR RIG RAMPAGE

Estep Physical Fitness Center, 2270 Kentucky Avenue

**Friday, April 12, 2019**

**11:30a - 1:00p**

**FREE**

**DoD ID Card Holders age 16 and up**

**Registration begins March 12, 2019 at Estep PFC**

Participants will compete as individuals. Indoor/outdoor obstacle course that will include Alpha Warrior Rig, tire flips, shuttle runs, tire squats, cargo net, rowing, ski-erg, physical fitness challenges, and functional fitness obstacles to test mental endurance, brute strength and physical agility.

All participants will receive a t-shirt.



**For more information 270.798.4664**

**\*Government Endorsement Not Implied.**

**\*Sponsored By:**

