

JULY - SEPTEMBER 2019 FITNESS CHALLENGES

**CHALLENGE
ACCEPTED**

All events are FREE and open
to all DoD ID Card holders
(age 16 or older).

All participants will receive a
shirt.

Wed. July 10 3 Point Shootout

- 11:30am-1pm at Lozada Physical Fitness Center (6992 Desert Storm Ave.)
- One minute to shoot as many three point shots.
- Call 270.798.5830

Mon. July 22 H-O-R-S-E

- 11:30am-1pm at Shaw Physical Fitness Center (7979 California Rd.)
- Join us for a friendly game of H-O-R-S-E
- Call 270.461.2294

Fri. July 26 1,000 Pound Challenge

- 11:30am-1pm Gertsch Physical Fitness Center (3610 Indiana Ave.)
- Compete in squat, deadlift and bench press to lift their max.
- Call 270.798.2753

Fri. Aug 9 Body Weight Challenge (BWC)

- 11:30am-1pm at Fratellenico Physical Fitness Center (3932 Indiana Ave.)
- Complete as many reps of specific exercises within 30 second each.
- Call 270.798.9418

Tue. Aug 16 Warrior Rig Rampage

- 11:30am-1pm Estep Physical Fitness Center (2270 Kentucky Ave.)
- Indoor/outdoor obstacle course including Alpha Warrior Rig, tire flips, shuttle runs, tire squats, cargo net, rowing, ski erg, and functional fitness obstacles.
- Call 270.798.4023 or 270.798.4664

Wed. Aug 21 Sprint and Carry Challenge

- 11:30am-1pm Clarksville Base Physical Fit Center (7540 Headquarters Loop)
- Compete in a 2 person team relay
- Sprint 50 meters carrying kettle bells
- Call 270.798.9418

Fri. Sept 13 Dip Station Challenge

- 11:30am-1pm at Sabo Physical Fitness Center (7037 Toccoa Rd.)
- Complete as many reps as possible within 2 minutes
- Call 270.798.7355

Fri. Sept 20 Dumbbell Rep Challenge

- 11:30am-1pm Gertsch Physical Fitness Center (3610 Indiana Ave.)
- Complete 100 reps in 10 minutes
- Call 270.798.2753



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