



**GERTSCH PHYSICAL FITNESS CENTER  
3610 INDIANA AVENUE**



# 1000 POUND CHALLENGE

**FRIDAY, JULY 26, 2019 • 11:30a-1p**

**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.

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

Winners will receive prizes. All participants will receive a shirt.

**FREE**

**For more information 270.798.7355**

\*Government Endorsement Not Implied.

