



GERTSCH PHYSICAL FITNESS CENTER  
3610 INDIANA AVENUE



# 1000 POUND CHALLENGE

**FREE**

**FRIDAY, JANUARY 31, 2020 • 11:30a-1p**

Open to all DoD ID Card holders ages 16 and up

- Compete to lift your max in squat, deadlift and bench press
- Body weight will be subtracted from total lifts to determine winners
- Awards: males in 1000lbs, 1200lbs, 1500lbs and females in 500lbs, 600lbs, 800lbs
- Winners will receive prizes
- Free t-shirt for participants

**For more information 270.798.2753**

\*Government Endorsement Not Implied.

