



**JUST HOW STRONG ARE YOU?  
LIFT 600 LB. OR 1000 LB.  
& SET A PERSONAL RECORD!**

**Participants must lift a total of 1000# or 600#  
with a 3 Lift Challenge:**

**BENCH PRESS \* SQUAT \* DEADLIFT**

**Finishers will receive a Coin & Bragging Board Rights.**

**COST: FREE FOR ALL ELIGIBLE MWR PATRONS**

**TIME/DATE: YEAR ROUND**

**Appointment must be scheduled in advance. See staff for Event Rules.**

**For more information call 361-961-3164.**

**1000 LB/600 LB CLUB**



**NAVYMWRCORPUSCHRISTI.COM**