

1000/600 LB LIFTING CHALLENGE

SQUAT - BENCH PRESS - DEADLIFT

March 14 & 15, 2026



- Schedule a date/time you want to complete the challenge with a trainer before March 14, 2026.
- Patrons will complete the lifts in the following order: Squat, Bench Press and Deadlift.
- Each lift will include 3 chances with the highest weight being recorded.
- Participants must provide their own spotter.
- Participants may only utilize knee sleeves and can use chalk if they wish.
- Warm-up must be completed prior to scheduled appointment time.

**A FITNESS COIN WILL BE GIVEN TO THE
TOP THREE MALE AND FEMALE PARTICIPANTS.
A PICTURE OF THEIR ACCOMPLISHMENTS WILL BE POSTED
ON THE 1000/600 LB BRAG BOARD.**

For more information, call 961-3164



NAVY **MWR CORPUS CHRISTI.COM**