

SEMPER FIT

POWERLIFTING

COMPETITION

10 JUNE
0900-1700
FITNESS CENTER
MCAS BEAUFORT
WEIGH-IN AT 0900
LIFTING BEGINS AT 1000

IF THE BAR
AIN'T BENDING
YOU'RE JUST
PRETENDING!



SCAN TO REGISTER



THIS IS A RAW COMPETITION. SUPPORTIVE LIFTING SUITS, SLEEVES OR WRAPS ARE NOT PERMITTED.
NON-SUPPORTIVE GEAR IS ACCEPTABLE. PATRONS OF ALL ABILITY LEVELS ARE WELCOME TO PARTICIPATE.
FOR MORE INFORMATION: SC.FITNESS@USMC-MCCS.ORG | 843.228.7092



Disclaimer: No Federal or DoD endorsement implied

