

WARRIOR ATHLETE

READINESS & RESILIENCE

1000/500 LB



22 AUG
ARRIVE 0830
START 0900
MCCAS BEAUFORT
FITNESS CENTER



SQUAT-BENCH-DEADLIFT

1000 LB CLUB: MEN / 500 LB CLUB: WOMEN

This is a raw competition. Supportive/assistive suits are **NOT** permitted.
Supportive knee sleeves, wrist wraps and belts **ARE** permitted.
Patrons of **ALL** ability levels are welcome! Open to all authorized patrons.
Earn a challenge coin and t-shirt by reaching the goal!

WANT AN EXTRA CHALLENGE?

Achieve 1500 lbs [Men] or
750 lbs [Women] to sign our
wall in the Fitness Center.

VOLUNTEERS NEEDED!

FOR MORE INFO:

sc.semperfit@usmc-mccs.org
843-228-6412



Disclaimer: No Federal or DoW endorsement implied

