

MARTINEZ PHYSICAL FITNESS CENTER

OPEN TO ACTIVE DUTY, ALL DOD CARD HOLDERS, AGE 18 YEARS OLDER.

MURPHY CHALLENGE

SATURDAY, MAY 10

7-10 a.m.

FRIDAY, MAY 23

6 a.m.-12 p.m.

In Honor of

**Navy SEAL
Lt. Michael P.
Murphy**

ALL FITNESS LEVELS WELCOME.

- 1 MILE RUN
- 100 PULL UPS
- 200 PUSH UPS
- 300 AIR SQUATS
- 1 FINAL MILE RUN

The Pull-Ups, Push-Ups, and Air Squats can be partitioned and scaled as needed. Participants are encouraged to wear a 20 lb. (Male) and 14lb. (Female) body vest.

Entry Fee: \$20 per person
(t-shirt while supplies last)

Time-slots limited.

Credit Card ONLY. No Refunds.

For more information
Call (808) 787-0721.
Registration available at all Army Physical Fitness Centers.
(Excluding WAAF)



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LET'S GET PHYSICAL!

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