

U.S. ARMY GARRISON HAWAII

# MARTINEZ PHYSICAL FITNESS CENTER'S

# 1,000 POUND CLUB

May 1 - December 31, 2024

**TO BE A MEMBER OF THIS CLUB,  
THE TOTAL OF YOUR BEST EFFORTS  
IN THE SQUAT, DEAD LIFT AND BENCH  
PRESS ON A SINGLE LIFT NEEDS TO  
TOTAL OVER 1,000 POUNDS OR MORE.**

The participant will perform their **one rep max** on the Squat, Bench Press, and Deadlift.  
The total numbers from all three lifts together should total 1,000 pounds.

1,000 Club Entry example:  
Dead Lift: 450 lbs. + Squat: 365 lbs. + Bench Press: 235 lbs.  
= 1,005 lbs. Total

**\$25** **PER PERSON**  
includes a shirt  
(while supplies last)  
**\$5 without shirt**

Open to all DoD ID Cardholders 18 years & older.

Monday - Friday: 5 a.m.-8 p.m.

Saturday & Sunday: 7 a.m.-1 p.m.

**FOR MORE  
INFORMATION, CALL:  
(808) 787-0721.**



HiMWR.com or MWR HAWAII