

Open to all DOD ID Cardholders 18 years & older.

HELEMANO
PHYSICAL FITNESS CENTER
PRESENTS



3RD ANNUAL BENCH PRESS & ENDURANCE COMPETITION

FRIDAY, JULY 18
6-8:30 P.M.
ENTRY FEE: \$10

REGISTRATION DEADLINE: WEDNESDAY, JULY 16

BENCH PRESS MAX

1 rep max out of three lifts.
(Participation in the endurance competition is optional.)

MUSCULAR ENDURANCE COMPETITION

How many times can you lift half of your own body weight.
1st place for each category.

**BENCH PRESS
WEIGHT
CATEGORIES:
MEN**
UP TO 150 LBS.
151 TO 170 LBS.
171 TO 190 LBS.
191 TO 210 LBS.
211 AND ABOVE

Registration forms available
at all ARMY Physical
Fitness Centers.

- Medals will be awarded to:
- Top 2 male competitors in each weight class
 - Top 3 female competitors
 - Highest Total Weight Lifted: 1 man and 1 woman (scores will be tallied by adding up your three lifts and putting them in the Wilks formula)

TEST OUT YOUR STRENGTH AND ENDURANCE

For more information, call (808) 787-7460
HMR PFC: 441 Kuapale Road, Bldg. 25, Wahiawa, HI 96786



HiMWR.com or MWR HAWAII