

Open to all DOD ID Cardholders 18 years & older.



HELEMANO PHYSICAL FITNESS CENTER
PRESENTS

2ND ANNUAL BENCH PRESS & ENDURANCE COMPETITION

FRIDAY, NOVEMBER 15

6-8:30 P.M.

FREE ENTRY

REGISTRATION DEADLINE: FRIDAY, NOVEMBER 8

**BENCH PRESS
WEIGHT**

**CATEGORIES:
MEN**

- UP TO 150 LBS.
- 151 TO 170 LBS.
- 171 TO 190 LBS.
- 191 TO 210 LBS.
- 211 AND ABOVE

BENCH PRESS MAX

1 rep max out of three lifts.

(Participation in the endurance competition is optional.)

MUSCULAR ENDURANCE COMPETITION

Men: how many times can you lift half of your own body weight. 1st place only.
Women: how many times can you lift half of your own body weight. 1st place only.

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

TEST OUT YOUR STRENGTH AND ENDURANCE

For more information, call (808) 787-7460

HMR PFC: 441 Kuapale Road BLDG. 25, Wahiawa, HI 96786



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