

Schofield Barracks Health & Fitness Center

THE AVENGER

CHALLENGE

Friday, March 29, 6 a.m.-7 p.m.

The Avenger Challenge will be held at Schofield Barracks Health and Fitness Center. The event will be comprised of the following five stations for the best time completed in the following order:

- 1.** Bear Crawl with 45lb plate (male) and 25lb plate (female) 15 meters
*If the patron drops the plate off of their back it will add a 5 second penalty.
- 2.** Sprint 15 meters down and back
- 3.** 25 hand release push-ups
- 4.** Deadlift 225lbs (male) and 95lbs (female) for 12 reps
- 5.** Ground to Overhead (GTO) 25lb plate (male) and 10lb plate (female) for 25 reps Male and female top three times will be given prizes.

ENTRY FEE:

\$5 - NO T-SHIRT

**\$25 - REGISTER BY FRIDAY, MARCH 22,
T-SHIRT SIZE GUARANTEED.**

**\$30 - LATE REGISTRATION,
T-SHIRT NOT GUARANTEED.**

**REGISTER AT ANY ARMY
PHYSICAL FITNESS CENTER
(EXCLUDING WAAF AND AMR).**



For more information, call (808) 787-5739.



HiMWR.com or **MWR HAWAII**

