

3x 100 SFS CHALLENGE

HELEMANO MILITARY RESERVATION PHYSICAL FITNESS CENTER

\$5 PER PERSON

REGISTER AT THE HMR PHYSICAL FITNESS CENTER

MONTH OF MARCH

COMPLETE

100 SIT-UPS,
100 PUSH-UPS,
AND 100 SQUATS
PER DAY FOR 10 DAYS
THROUGHOUT THE
MONTH OF MARCH.



SIT-UPS



PUSH-UPS



SQUATS

All participants that complete this challenge will receive an awesome wristband and bragging rights!



FOR MORE INFORMATION, CALL (808) 787-7460.

Hours of Operation: Monday - Friday: 5 a.m. - 8:30 p.m.

441 Kuapale Road • Bldg. 25 • Wahiawa, Hawaii 96786



JUST GIVE IT 300%.



HiMWR.com or [f MWR HAWAII](https://www.facebook.com/MWRHAWAII)