

U.S. ARMY GARRISON HAWAII

MARTINEZ, TAMC & HMR PHYSICAL FITNESS CENTERS



Now through December 22.

**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.**

Basically, you take your **one rep max** in each of the three major lifts (dead, squat and bench) and add them up. If it totals 1,000 pounds, you're in! If not, keeping working at it, you can do it!

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

\$20 **PER PERSON**
includes a shirt
(while supplies last)
\$5 without Shirt

BY APPOINTMENT

Open to all DoD ID Cardholders 18 years of age & older.

**FOR MORE
INFORMATION CALL:**

Martinez PFC: (808) 655-4804

TAMC: (808) 433-6443

HMR PFC: (808) 653-0719



HiMWR.com



MWR Hawaii

