

# MARTINEZ PHYSICAL FITNESS CENTER

OPEN TO ACTIVE DUTY, ALL DOD CARD HOLDERS, AGE 18 YEARS +, and CHILDREN.

# MURRAPH CHALLENGE

## SATURDAY, MAY 25

*In Honor  
of*

**Navy SEAL  
Lt. Michael P.  
Murphy**

**Time slots available:**

**8-9:10 a.m.**

**9:15-10:25 a.m.**

**10:30-11:40 a.m.**

**Check in 15 minutes prior to heat.**

**ALL FITNESS LEVELS WELCOME.**

**1 MILE RUN • 100 PULL UPS  
200 PUSH UPS • 300 AIR SQUATS  
1 FINAL MILE RUN RUN**

The Pull-Ups, Push-Ups, and Air Squats can be partitioned and scaled as needed. Participants are encouraged to wear a 20 lb. body vest.

Time-slots limited.

**Entry Fee:**

**Early entry: Friday, April 26**

**\$30 • T-Shirt guaranteed**

**Late entry: Saturday, April 27 - May 25**

**\$35 • T-Shirt size not guaranteed**

**Credit Card ONLY. No Refunds.**

**For more information  
Call (808) 787-0721.**  
Registration available at All Army Physical Fitness Centers.  
(Excluding WAAF & AMR)



**COMMIT - STAY FIT!**

HiMWR.com or MWR HAWAII ©  
#STRONGBANDS  
ArmyMWR.com/STRONGBANDS

