

Open to all DoD ID Cardholders 18 years & older.



THOR CHALLENGE

MARTINEZ PHYSICAL FITNESS CENTER

JUNE 15 - JULY 31

Monday - Friday: 8 a.m.-7:30 p.m.

Saturday & Sunday: 7:30 a.m.-12:30 p.m.

Appointment is not required.

Entry Fee: \$20

Hold one end of the barbell with both hands on the loadable sleeve and lift the other end off the ground. Attempt to pick the barbell up vertically with your desired weight.

Awards:

**Picture & recognition post and bragging rights!
T-shirts (while supplies last)**

**For more information, call
(808) 655-4804**



U.S. ARMY

HiMWR.com or MWR HAWAII