

Open to all DoD ID Cardholders
18 years & older.

HELEMANO
PHYSICAL FITNESS CENTER
PRESENTS



ANNUAL BENCH PRESS & ENDURANCE COMPETITION

**FRIDAY, JULY 14
6-9 P.M.**

FREE ENTRY

REGISTRATION DEADLINE: THURSDAY, JUNE 1

BENCH PRESS MAX

3 attempts to reach your max rep!

ENDURANCE

Lift half of your body weight as many reps as you can in
1-minute!

Competitors will compete in their weight class.
(Womens' Open)

Registration forms available at all Army Physical Fitness Centers.

Medals will be awarded to:
Top 2 male competitors in each class
Top 3 female competitors

TEST OUT YOUR STRENGTH AND ENDURANCE

For more information, call (808) 787-7460 or email brian.williams56.naf@army.mil



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