

"HO'OIKAIKA"

**IN HAWAIIAN MEANS TO STRENGTHEN
AND ENCOURAGE.**

ENTRY FEE:

**EARLY ENTRY: \$30 PER TEAM, T-SHIRT GUARANTEED
MUST REGISTER BY FRIDAY, JANUARY 13**

**LATE ENTRY: \$40 PER TEAM, T-SHIRT NOT GUARANTEED
JANUARY 14 - FEBRUARY 3**

NO REFUNDS



PARTNER WORKOUT

FRIDAY, FEBRUARY 3 • 5-7:30 P.M.

Schofield Barracks Health & Fitness Center

A 10-minute workout competition designed for two (2) people to complete as many rounds as possible (AMRAP) of the following movements:

- Rowing machine
- Plate GTO (Ground-to-Overhead)
- Farmer's Carries

PRIZES FOR TOP COMPETITORS

Registration available by phone at (808) 655-8007 or in person at all Army Physical Fitness Centers (Excluding WAAF & AMR)

Must register as a team of 2 • Time-slots limited

FOR MORE INFORMATION, CALL (808) 655-8007 OR (808) 655-5975.



HiMWR.com or MWR HAWAII