

MARTINEZ PHYSICAL FITNESS CENTER

ALL ACTIVE-DUTY MILITARY AND DOD ID CARDHOLDERS AGED 18 AND OLDER.

MURPH CHALLENGE

**MONDAY, MAY 25 -
SATURDAY, MAY 30**
7 a.m. - 8 p.m.

In Honor of
of
Navy SEAL
Lt. Michael P. Murphy

ALL FITNESS LEVELS WELCOME.

- 1-MILE RUN
- 100 PULL-UPS
- 200 PUSH-UPS
- 300 BODYWEIGHT SQUATS
- 1-MILE RUN

The Pull-Ups, Push-Ups, and bodyweight squats can be partitioned and scaled as needed. Participants are encouraged to wear a 20 lb. (Male) and 14lb. (Female) body vest.*

*Please note that Martinez Physical Fitness Center will not provide weighted vests.

Entry Fee:

\$5 (without t-shirt)

\$20 (includes commemorative t-shirt)

Credit Card ONLY. No Refunds.

Limited time slots!

For more information
call (808) 787-0721.
Registration available at the Martinez Physical Fitness Center
front desk from Friday, May 1 to Saturday, May 30.



STRONGER TOGETHER
GRAB A PARTNER
AND TAKE ON THE
MURPH

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