

Schofield Barracks Health & Fitness Center

THE AVENGER

CHALLENGE

Wednesday, May 7-Friday, May 9 • 6 a.m.-7 p.m.

The Avenger Challenge will be held at Schofield Barracks Health and Fitness Center. The event will be comprised of the following six stations for the best time completed in the following order:

1 Bear Crawl with 45lb plate (male) and 25lb plate (female) 20 meters
*If the patron drops the plate off their back, it will add a 5 second penalty.

2 Sprint 20 meters down and back

3 25 hand release push-ups

4 Deadlift 225lbs (male) and 135lbs (female) for 12 reps

5 Ground to Overhead (GTO) 25lb plate (male) and 10lb plate (female) for 25 reps

6 Burpee Broad jump to the finish line Choose between divisions: Standard (bodyweight) or Vest (weighted).

You must bring your own vest to compete in the vest category

Male and female top two times in each category will be given prizes.

ENTRY FEE:

\$25 Register by Monday, April 28, T-shirt size guaranteed.

\$30 Late Registration (after April 28th), T-shirt not guaranteed.

\$5 just to enter and compete for the prize! No T-shirt.

Register at any Army Physical Fitness Center (excluding WAAF) or call (808) 787-5739.



For more information, call (808) 787-5739.



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