

U.S. ARMY GARRISON HAWAII

MARTINEZ FITNESS FACILITY



Thursday, January 1 - Thursday, December 31, 2026

**TO BE A MEMBER OF THIS CLUB,
THE TOTAL OF YOUR BEST EFFORTS
IN THE SQUAT, DEAD LIFT AND BENCH
PRESS ON A SINGLE LIFT NEEDS TO
TOTAL 1,000 POUNDS OR MORE.**

*The participant will perform the Squat, Bench Press, and Deadlift.
The total numbers from all three lifts together should total 1,000 pounds.*

1,000 Club Entry example:

Dead Lift: 500 lbs. + Squat: 400 lbs. + Bench Press: 200 lbs.
= 1,100 lbs. Total

**Reps that do not meet these guidelines will not be counted.*

\$15 **PER PERSON**
includes a shirt
(while supplies last)
\$5 without shirt

Open to all DOW ID Cardholders 18 years & older.

AWARDS

BRAGGING RIGHTS!

Picture will be posted and the top 3 totals
for both 1000lb and 500lb will receive awards!

Monday - Friday: 5 a.m.-8 p.m.

Saturday & Sunday: 7 a.m.-1 p.m.

**FOR MORE INFORMATION,
PLEASE SEE STAFF ON
DUTY OR CALL:
(808) 787-0721.**



U.S. ARMY



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