

BEAST

MODE

POWERLIFTING
COMPETITION

SATURDAY
NOV. 18
11AM

MEMBERS WILL BE EVALUATED ON THE FOLLOWING:

- 3 SQUATS
- 3 DEAD LIFTS
- 3 BENCH PRESS

PRIZES AWARDED TO 1ST PLACE MALE & FEMALE IN
EACH WEIGHT CATEGORY

- 175 AND UNDER
- 176 AND OVER

REGISTER AT THE SHORT FITNESS CENTER FRONT DESK

VOLUNTEERS WILL BE RECOGNIZED & RECIEVE A FITNESS TOWEL
REFRESHMENTS PROVIDED
ALL PARTICIPANTS WILL BE PHOTOGRAPHED FOR THE LIFTING BOARD



For More Info Call:
828-4496

