



# MIGHTY MUSCLE-UP COURSE

**MAY 22, 2024 | 7AM**

**SHORT FITNESS CENTER**

Soft Pad Area *(by the North Track/Turf Field area)*

**How many pull-ups, push-ups and  
shoulder presses can you do?**

In this competition participants will have up to 3 minutes to complete as many pull-ups, push-ups, and seated dumbbell shoulder presses as possible. *(3 minute limit per exercise; 25lb dumbbells for males & 15lb dumbbells for females; All participants should wear appropriate fitness/PT/casual attire.)*

**OPEN TO ALL DOD | FREE! | PRIZES FOR TOP MALE & FEMALE  
VOLUNTEERS ALWAYS WELCOME**

DEPARTMENT OF THE AIR FORCE



**FITNESS & SPORTS**

For More Info Call:

**828-4496**



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