



MACDILL IRON MAN

APRIL 21 • 11AM

Compete to be the top male and female in the categories below. Open to all DoD car holders 18 and up. Participants will be separated into weight classes (Male 175-/176+ • Female 130-/131+)

BENCH PRESS

DEAD LIFTS

IRON MAN SET
(TIRE FLIPS • ROPES • BOX JUMPS)

SQUATS



All participants must arrive wearing mask and maintain 6ft social distance at all times.

Register Now at:

6fss.fsvs.fitnessprograms@us.af.mil

**SHORT
FITNESSCENTER**
MACDILL AFB FL

For More Info Call:
828-4496

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