



Push-Up Gauntlet

**Friday, Feb. 22
1100 - 1300**

Joe Dugger Fitness Center

The challenge is simple. Push-up participants will complete a total of 100 pushups in a variety of hand spacing and heights. Top two males and top two females with the fastest time win a prize.

(For military this is a great workout to help with the push-ups portion for the PRT.)

www.navymwrmaidsouth.com

www.facebook.com/NavyFitnessMidSouth



For more information or to sign up for activity contact:

Kerick Gibson, Sports Specialist

901-574-2111 or athletics.aquatics@gmail.com.

