



Hold your grip don't let the weights slip!

Farmers Carry

FITNESS CHALLENGE

Friday, Jan. 25 | 1100-1300

The challenge is "simple".... participants must carry half their weight in dumbbells for the max amount of time they can. Longest carry time in both men and women's category wins.

Top two winners (one male and one female) receive a prize/reward.

www.facebook.com/groups/FitnessandSportsMidSouth



Joe Dugger Fitness Center | (901) 874-5497
5671 McCain St. (Bldg. S-499) Millington, TN

