

Squat Challenge

Friday, Sept. 20 @ 1100-1300

The Challenge is "simple" ... participants will perform squats for as many repetitions as possible, using a loaded barbell. Males will squat 100% of their bodyweight. Females will squat 50% of their bodyweight. Most repetitions win.

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

Joe Dugger Fitness and Sports Complex | (901) 874-5497
5671 McCain St. (Bldg. S-499) Millington, TN
Monday thru Friday 5 a.m. - 10 p.m. | Saturday 8 a.m. - 4 p.m.
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