

Come push your luck at Joe Dugger's St. Patrick's Day bench press challenge!

Push Your Luck

Bench Press Challenge

Joe Dugger Fitness Center

Friday, March 13

How the challenge works: Participants perform a barbell bench press for as many repetitions as possible. Males will bench 75% of their bodyweight. Females will bench 50% of their bodyweight.

**Top two female and male with most
reps win a prize!**



Joe Dugger Fitness Center

Naval Support Activity Mid-South

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