



WEEKLONG MAX REP DEADLIFT COMPETITION

For rules and guidelines ask
NSAB Fitness Center Front Desk.

FREE Active Duty / \$5 all others

21-25 SEP
0700-1700
NSAB FITNESS

Men Divisions

160 lbs. and below
161-210 lbs.
211 lbs. and above

Women Divisions

112 lbs. and below
113-149 lbs.
150 lbs. and above



Open to base eligible patrons.

