

# 1,000 POUND CLUB

**FEB 2 - AUG 31, 2026**

**To be a member of this club, the total of your best efforts in the squat, deadlift, and bench press on a single lift needs to total 600 lb. (Female category) or 1,000 lb. (Male category) or more.**

\*Reps that do not meet the guidelines will not be counted\*



## **AWARDS AND BRAGGING RIGHTS!**

Names will be posted for the top 3 totals,  
Male and Female category.

**\$5 PER  
PERSON**

includes a T-shirt (while supplies last)

Open to base-eligible patrons, 18+

**Monday-Friday:  
10 a.m.-3 p.m.**

**For more information call:  
(301) 295.2450**

