

Name:		Age:
Male/Female		
Perform one repetition of a so lifts are successfully complet 10FSS.FSVS.FitnessCenter@u staff who will act as judges a ongoing and can be complet	ed, the total we s.af.mil to set u nd spotters for	eight lifted is added up. Email p an appointment with our your lifts. This challenge is
FEMALES		
☐ 350 lb. lift: bench p	•	: & deadlift
☐ 500 lb. lift: bench p > dry-fit shirt		t & deadlift
☐ 750 lb. lift: bench p	,	: & deadlift
□ ages 60+. 300 lb. lit > dry-fit shirt		ress, squat & deadlift
MALES		
☐ 600 lb. lift: bench p > insulated wate	•	t & deadlift
□ 1250 lb. lift: bench > dry-fit shirt	press, squa	at & deadlift
☐ 1500 lb. lift: bench > hooded swea		at & deadlift
□ ages 60+. 600 lb. li > dry-fit shirt	ft: bench p	ress, squat & deadlift
Bench Press:	Squat:	Deadlift:
Total: Prize:		
Fitness & Sports		 Staff Signature



Name:		Age:	
Male/Female			
lifts are successfully comple 10FSS.FSVS.FitnessCenter@ staff who will act as judges	eted, the total w us.af.mil to set and spotters fo		
FEMALES			
☐ 350 lb. lift: bench press, squat & deadlift > insulated water bottle			
☐ 500 lb. lift: bench press, squat & deadlift > dry-fit shirt			
☐ 750 lb. lift: bench		at & deadlift	
> hooded swea ☐ ages 60+. 300 lb. I > dry-fit shirt		oress, squat & deadlift	
MALES			
☐ 600 lb. lift: bench > insulated wat		at & deadlift	
□ 1250 lb. lift: bench press, squat & deadlift			
> dry-fit shirt		at & deadlift	
> hooded swea			
> dry-fit shirt	lift: bench þ	oress, squat & deadlift	
Bench Press:	_ Squat:	Deadlift:	
Total: Prize	;:		
Fitness & Sports		 Staff Signature	
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