

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 water	•	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 pi	ress, squat & deadlift
Bench Press:	Squat:	Deadlift:
Total: Prize:		
Fitness & Sports		 Staff Signature



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Name:		Age:	
Male/Female			
lifts are successfully compl 10FSS.FSVS.FitnessCenter@ staff who will act as judges	leted, the total we Dus.af.mil to set u and spotters for		
FEMALES			
☐ 350 lb. lift: bench > insulated wa		. & deadlift	
☐ 500 lb. lift: bench > dry-fit shirt		: & deadlift	
☐ 750 lb. lift: bench > hooded swe		& deadlift	
		ress, squat & deadlift	
> dry-fit shirt	tirt. Deriem pi	css, squar & acadim	
MALES			
☐ 600 lb. lift: bench		t & deadlift	
> insulated water bottle			
☐ 1250 lb. lift: bench press, squat & deadlift > dry-fit shirt			
,	h nress salis	at & deadlift	
☐ 1500 lb. lift: bench press, squat & deadlift > hooded sweatshirt			
		ress, squat & deadlift	
> dry-fit shirt	·	·	
Bench Press:	Squat:	Deadlift:	
Total: Prize	e:		
- Fitnese			

Staff Signature