

2010

MAX MONDAYS

WEIGHT REP COMPETITION

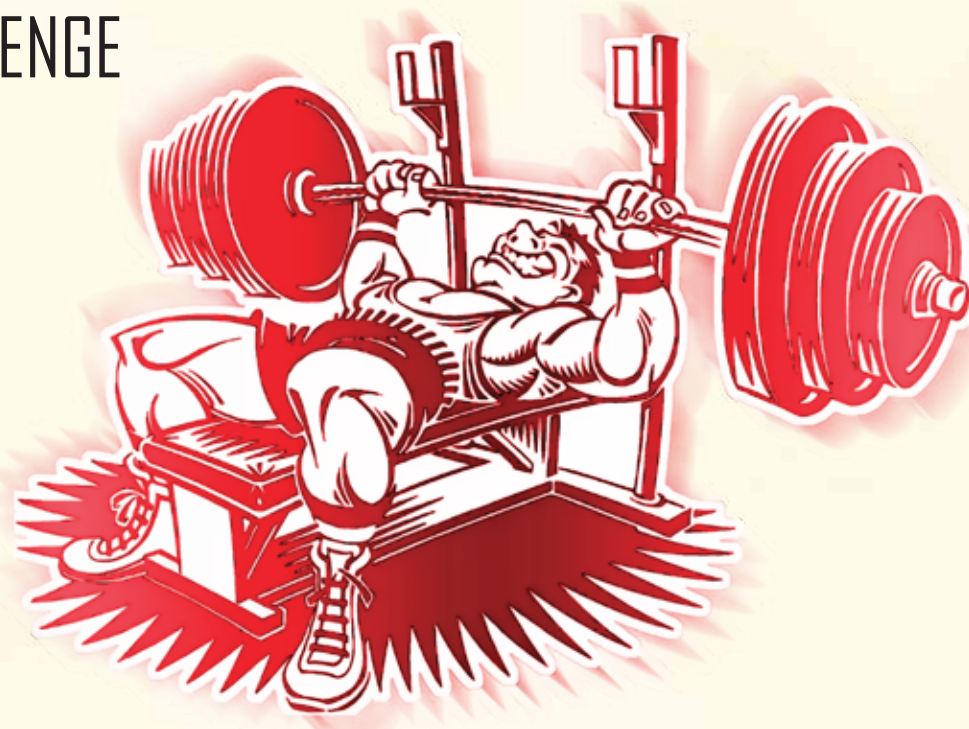
FORT BELVOIR GRAVES FITNESS CENTER & BODY SHOP > 0630-1900

- > JANUARY 4 PUSH-UP CHALLENGE
- > FEBRUARY 1 DIPS CHALLENGE
- > MARCH 1 BENCH PRESS CHALLENGE
- > APRIL 5 SIT-UP COMPETITION
- > MAY 3 DEAD-LIFT CHALLENGE
- > JUNE 7 PULL-UP CHALLENGE

NO FEE

ELIGIBILITY

- > ACTIVE DUTY > RETIREES
- > FORT BELVOIR DOD CIVILIANS



DIVISIONS

- > MEN'S OPEN > MEN'S MASTER (41 yrs. +)
- > WOMEN'S OPEN > WOMEN'S MASTER (41 yrs. +)

AWARDS

- > WINNER OF EACH DIVISION RECEIVES A PRIZE
- > ALL PARTICIPANTS RECEIVE A T-SHIRT

REGISTER

- > GRAVES FITNESS CENTER
- > BODY SHOP FITNESS CENTER

INFORMATION

- > 703.806.3873 > www.belvoirmwr.com

