

WEEKLONG PULL-UP COMPETITION

No weight classes

PRIZES:

+ First overall male and female accumulative pull-ups over weeklong competition.
+ Prize for most days attempted during the contest.
+ Most accumulative pull-ups in a week one attempt per day.

7-14 DEC
0600-2100
WHFC

MWR FITNESS

Open to base eligible patrons. Free AD, $5 all others.
WHFC / (301) 744-4661

IndianHeadFFR
navymwrindianhead.com