

FREE



PLANK IT UP

WEDNESDAY, JUNE 21 • 5AM-1PM
WASHINGTON NAVY YARD

Put your abdominal muscles and inner core to the test in our timed Plank Challenge. The male and female with the longest plank holds will win!

Open to all with base access.

Register at NSAW Fitness Center
Front Desk - Bldg. 22
1244 Patterson Ave SE
Washington, DC 20347

- Add 30 seconds for planking with weight –
25lb. female / 35lb. males
- 5 second penalty for improper form (sagging or bending)
- Please wear appropriate gym attire



Visit NavyMWRWashington.com
or call (202) 433-2282 for more details.

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