

PUSH UP CHALLENGE



WEDNESDAY, APRIL 19
0500 - 1800
NSAW FITNESS CENTER

MALE AND FEMALE CATEGORIES

Most Push-Ups reps completed in 2 minutes

Rest when needed in the up position, the time clock will continue running.

Rep count, you must maintain perfect form: elbows locked, chest 2 inches above the floor, hips not sagging, and knees not touching the floor

Register at the NSAW Fitness Center Bldg. 22



Open to All Eligible Fitness Center Patrons.
For more information, please call the Fitness Center:

(202)433-2282

**STAY
CONNECTED**

NSA WASHINGTON

