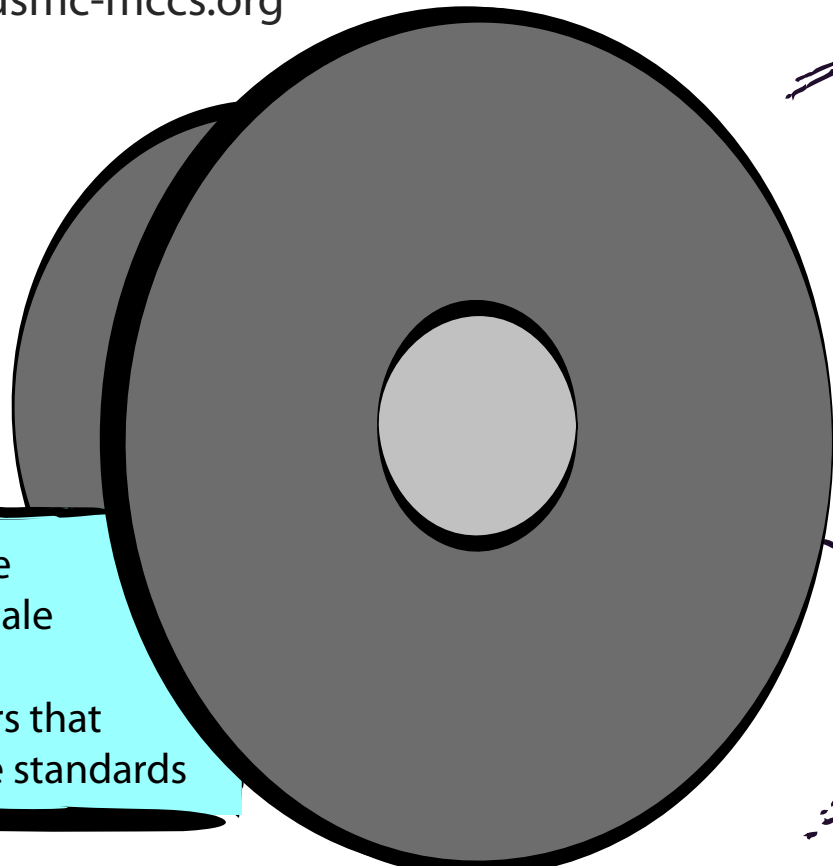


MAXED OUT FRIDAYS

Jan 9	Max Weight Bench Press	Jul 10
Feb 13	Max Rep Pull-ups	Aug 14
Mar 13	Max Weight Deadlift	Sept 11
Apr 10	Max Rep Push-ups	Oct 9
May 8	Max Weight Squat	Nov 13
Jun 12	Max Rep Crunches	Dec 11

Competition held on second Friday of each month at Barber Gym, Fitness Deck. The time is scheduled for 0630-1400.

Ira Seth
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1st Place Overall Male
1st Place Overall Female
1st Place Command
T-shirt for competitors that meet or exceed the standards