



FALCON OF STEEL

Name: _____ Age: _____

Male/Female

Perform one repetition of a squat, bench press & deadlift. After all three lifts are successfully completed, the total weight lifted is added up. Email 10FSS.FSVS.FitnessCenter@us.af.mil to set up an appointment with our staff who will act as judges and spotters for your lifts. This challenge is ongoing and can be completed anytime during normal business hours.

FEMALES

- 350 lb. lift: bench press, squat & deadlift > insulated water bottle
- 500 lb. lift: bench press, squat & deadlift > dry-fit shirt
- 750 lb. lift: bench press, squat & deadlift > hooded sweatshirt
- ages 60+, 300 lb. lift: bench press, squat & deadlift > dry-fit shirt

MALES

- 600 lb. lift: bench press, squat & deadlift > insulated water bottle
- 1250 lb. lift: bench press, squat & deadlift > dry-fit shirt
- 1500 lb. lift: bench press, squat & deadlift > hooded sweatshirt
- ages 60+, 600 lb. lift: bench press, squat & deadlift > dry-fit shirt

Bench Press: _____ Squat: _____ Deadlift: _____

Total: _____ Prize: _____



Staff Signature



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