

BEEDE CENTER

swim + fitness

BEEDE CENTER STRENGTH CHALLENGE

SATURDAY JUNE 23 2018



Bring out your personal best for an afternoon of challenge and fun. Cheer on your fellow Beede members as they perform three tried and true strength events.

1. Back Squat

2. Overhead Strict Press

3. Deadlift

Scores will be the sum of the competitor's best of three lifts. Younger competitors may be permitted with waiver of participation from a parent or guardian. If a lifter is performing any movement deemed unsafe, or of limited range of motion, then we reserve the right to intervene in the interest of safety and fair competition.

Location: Beede Center

Fee: \$10.00

Activity #172305-51