

BODY ARMOR CHALLENGE

NAVAL SUPPORT ACTIVITY BETHESDA



**THUR, 15 MAY
10 AM-1 PM**

Free T-shirts for participants. Compete as an individual or team in the Body Armor Challenge to honor fallen service members!

**OPTION 1 - TIMED WITH A
20 LB WEIGHT VEST**

- + 1 Mile Run
- + 100 Pull-ups
- + 200 Push-ups
- + 300 Squats
- + 1 Mile Run

OPTION 2 - MINI VERSION

- + 1 Mile Run
- + 50 Assisted Pull-ups
- + 100 Push-ups
- + 150 Squats
- + 1 Mile Run

For more information, contact Fitness Center
(301) 295-0031

**RUN
PULL-UPS
PUSH-UPS
SQUATS
RUN!**



MWRBethesda
navymwrbethesda.com