

GORDON

FITNESS STRENGTH BOARD



GORDON FITNESS CENTER					
- MEN'S RECORDS -					
	140-174 LBS	175-199 LBS	200-224 LBS	225-249 LBS	250+ LBS
BENCH					
SQUAT					
DEADLIFT					
PUSHUPS					
SITUPS					
- WOMEN'S RECORDS -					
	90-115 LBS	116-140 LBS	141-165 LBS	166-190 LBS	190+ LBS
BENCH					
SQUAT					
DEADLIFT					
PUSHUPS					
SITUPS					

AVAILABLE NOW

Gordon Fitness Center has a new strength record board. Patrons can come and display their strength in squat, bench press, deadlift, push ups and sit ups. Perform the heaviest lift or complete the most reps to get your name displayed on the record board.

EARN YOUR BRAGGING RIGHTS!!!

For more information, contact: John Graham at 706-791-2647 or john.a.graham68.naf@mail.mil