



EAGLE FITNESS CENTER

APRIL

FITNESS CHALLENGE

MILITARY [OVERHEAD] PRESS



- 45 LBS/20 KG BAR
- CHALLENGE MUST BE COMPLETED MONDAY-FRIDAY 0630- 1630
- UP TO 4 ATTEMPTS PER MONTH/ ONE A WEEK
- FEMALE & MALE CATEGORY

**2 MINUTES
MAX REPETITIONS**

EMAIL: MYEAGLEFITNESS@GMAIL.COM

CALL: 301-677-0640