



GYM COMPETITION

WHO: CLUB AND COMMUNITY MEMBERS, GYM STAFF,
AND THE WASHINGTON ARMY NATIONAL GUARD

WHAT: ACFT COMPETITION_GYM COMPETITION TO COMPETE AND
RANK AMONG FELLOW GYM MEMBERS IN INDIVIDUAL EVENTS

WHEN: FRIDAY SEPTEMBER 9TH, 2022

WHERE: PERSISTENCE ATHLETICS,
3025 1ST AVE, SEATTLE, WA 98121

**3 REP MAXIMUM
DEADLIFT (MDL)**

**CONTROLLED HEX
BAR DEADLIFTS**

**SPRINT -
DRAG - CARRY (SDC)**

**5 X 50M
SHUTTLES FOR TIME**

**HAND-RELEASE
PUSH-UPS (HRP)**

**COMPLETE AS MANY
REPS IN 2 MINUTES**

PLANK (PLK)

**MAINTAIN PROPER PLANK
POSITION FOR TIME**

**STANDING
POWER THROW (SPT)**

**THROW 10LB BALL BACKWARD
& OVERHEAD FOR DISTANCE**

2 MILE RUN (2MR)

**RUN 2 MILES
FOR TIME**

>>>WHY? - TO CEMENT THE WASHINGTON ARMY NATIONAL GUARD'S PRESENCE
IN THE COMMUNITY AS AN ORGANIZATION THAT PROMOTES
HEALTH AND WELLNESS, AND TO NURTURE A PROMOTIONAL
RELATIONSHIP WITH PERSISTENCE ATHLETICS.

