

Put your muscles where  
your mouth is

# Fitness Center Brag Board

Everyone loves a little competition, why not display it at the Fitness Center? Participate in one or more of the events and earn to have your name displayed for all to admire and conquer.



Stair Stepper	Bench Press	Squat
Push Ups	Sit Ups	Dead Lift
2000 M Row	Burpees	Lap Run
	Tank Pull	