

POWERLIFTING COMPETITION

NASWF FITNESS CENTER

Saturday, June 14th 9am-1pm



Challenge yourself and your peers to the ultimate test of strength in our

2025 CLASSIC

POWERLIFTING COMPETITION!

Prepare for a classic showdown of the big 3 movements
Squat, Deadlift & Bench

Bring your belts, wraps and sleeves but leave those
straps at home!

Chalk is allowed and will be provided

For any questions on scoring criteria, allowed forms, or
advice on training contact the fitness center.



Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
Fitness Center: 850.623.7412

