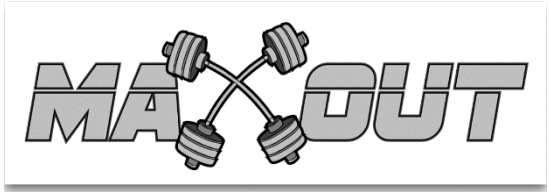
PARTICIPANT'S NAME_____



POWER	BENCH PRESS	SQUAT	DEAD LIFT
GOALS			
MAX LIFTS:			

ENDURANCE	DIPS	PULL-UPS	SIT-UPS	BEEP TEST
GOALS				
MAX LIFTS:				

PARTICIPANTS NEED A MINIMUM OF 3 SPONSORS IN ORDER TO COMPETE
*SPONSORS ARE REQUIRED TO PAY FOR THE 3 MAXIMUMS LIFTED
*ALL PROCEEDS WILL GO TO THE YMCA OF HANNIBAL STRONG COMMUNITY CAMPAIGN 2017
*ALL PLEDGES MUST BE PAID BY DECEMBER 18TH

$ PER LBS/REPS	NAME (PRINT)	SIGNATURE	PHONE NUMBER	EMAIL