

# LIFT

WEDNESDAY  
MAY 20  
3PM-6PM



# RUN



LOCATION:  
**FIT PIT & MULTI-PURPOSE FIELD**

JOIN US FOR **LIFT**, **RUN**, **EAT**, A TWO-PART FITNESS CHALLENGE FEATURING A ONE-MINUTE CLEAN & JERK AMRAP AND A 300-YARD SHUTTLE RUN FOR TIME.

**FREE & OPEN TO ALL HANDS!**



TO REGISTER ONLINE GO TO:  
**MYFFR.NAVYAIMS.COM**

# EAT

**1 FREE** HOT DOG TO FIRST 50 REGISTERED PARTICIPANTS!



847-688-7769

NavyLifeGL.com

@NavyLifeGL

No Navy endorsement implied.

# LIFT • RUN • EAT



Date: Wednesday, May 20, 2026

Time: 3:00PM-6:00PM

Location: Fit-Pit / Multi-Purpose Field

Eligibility: Open to all eligible MWR Fitness program personnel

Registration: Register online: <https://myffr.navyaims.com/navyma/navyma.html>

Day of event walk-in's may be allowed if event spots are available. NO walk-ins after 5:30pm.

## Event Description

Join us for *Lift, Run, Eat*, a two-part fitness challenge featuring a one minute clean & jerk AMRAP and a 300-yard shuttle run for time.

\*(1) - Hot Dog will be provided to the first 50 registered participants to help you refuel after the competition (while supplies last)

## Competition Format

### Event 1: Clean & Jerk AMRAP

Perform as many clean & jerk reps as possible in one minute.

Division	Men's Weight	Women's Weight
Advanced	135 lbs.	95 lbs.
Intermediate	95 lbs.	75 lbs.
Beginner	75 lbs.	55 lbs.

#### Rules:

The objective is to lift the barbell from the ground to an overhead position. A repetition is complete when the barbell is locked out overhead with the participant's hips, knees, and arms fully extended. Any style of clean (e.g., power, squat) and jerk is permitted.

### Event 2: 300-Yard Shuttle Run

Complete a 300-yard shuttle run for your fastest possible time.

#### Rules:

This is a timed drill where participants sprint back and forth between two cones set 25 yards apart. Runners must touch the line at each cone before turning. The goal is to cover the total distance of 300 yards as quickly as possible.

## Scoring

Your final score is the sum of your total reps from the Clean & Jerk AMRAP combined with the points earned from your shuttle run placement (1st place = 10 pts, 2nd = 9 pts, 3rd = 8 pts, and so on). The highest combined score wins.

## Awards

Certificates will be awarded for 1st, 2nd, and 3rd place for both men and women in their weight divisions.

#### DISCLAIMER

Physical activity is not without its risks, and participation in the challenges may result in injury. As with any exercise, if at any point during the challenge you begin to faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. In addition, if you have any pre-existing health conditions or physical limitations, Navy MWR recommends that you consult your physician or healthcare provider before beginning any physical activity.