

NAVSTA GREAT LAKES MWR | SPORTS & FITNESS

NSGL COMBINE COMPETITION

THURS., MAY 23 • 3-6PM

AT MULTIPURPOSE FIELD

FREE & OPEN TO ALL MALE & FEMALE NSGL PATRONS!

OBSTACLE COURSE

T-Push Ups

Tire Drill (2 Lengths Down & Back)

TRX Row

Cone Agility (2 Lengths Down & Back)

Trap Bar Deadlift

Sled Push & Drag (1 Length Each)

Medicine Ball Over Bar

Farmers Walk (2 Length Down & Back)

SKI ERG 250m • Sprint/Army Crawl

PRIZES!

Register @ Bldg. 2A Fitness Center

Deadline: Wed., May 22, 2024



FREE Goodie Bags while supplies last!

(Walk-ins welcomed if event spots are available. Walk-ins not accepted after 5:15PM)



847-688-3994

NavyLifeGL.com

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No Navy endorsement implied.