

FITNESS WEEKLY LEADERBOARDS



WHEN:
During the Month of August.

GOAL:
Test weekly to see your
progress!

PRIZES:
BRAGGING RIGHTS!

Join the Fitness Department in a friendly weekly competition!

Let's reach personal records and set new goals!

**LEADERBOARDS WILL BE UPDATED EVERY FRIDAY
AFTERNOON.**

**CONTACT ELIYAH OR JAKOB FOR ANY
QUESTIONS (970)563-2658**

Categories:

Timed mile

Bench Press

Squat

Deadlift

Men Weight Categories (lifting):

Ultra light weight— 160 and
Under

Light weight—160.1 to 190

Middle weight—190.1 to 220

Heavy weight—220.1 to 250

Open—250.1 and over

Women Weight Categories (lifting):

Ultra light weight—115 and
under

Light weight—115.1 to 135

Middle weight—135.1 to 160

Heavy weight—160.1 to 190

Open—190.1 and up



Sign-up at the trainers desk
and weigh-in.

Must sign liability form.