

**DO YOU HAVE
WHAT IT TAKES
TO MAKE
THE NSA NAPLES
POWER CLUB?**

**POWER CLUB
CHALLENGE**
NSA NAPLES

**JOINING THIS ELITE CLUB'S RANKS
IS SIMPLE
...BUT FAR FROM EASY.**



You must achieve a combined one-rep maximum of 1,000 pounds for men and 500 pounds for women in the squat, bench press and deadlift.

To complete the challenge, make an appointment with a Fitness Specialist at the Support Site Fitness Forum.

