

# Memorial Day Hero WOD



May 1-31

Capodichino Fitness Center  
and Support Site Fitness Center

PT Sessions led by MWR Fitness will  
feature this workout:

Capodichino Fit Box, May 19 • 6 a.m.

Support Site Fit Box, May 21 • 6 a.m.



Complete the following while wearing a 20- or  
24-pound weighted vest:\*

1-mile run

100 pull ups

200 push ups

300 squats

1-mile run

\*A limited number of weighted vests are available.  
Participants may bring own vest/body armor.  
Scaled options available.

The Memorial Day Hero WOD  
will be the first MWR Fitness  
Monthly Challenge!

Watch for more information  
about these monthly fitness  
challenges.



For more information, call 081-811-6604 | DSN 629-6604.

