

# 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.

