

**SHORT  
FITNESSCENTER**  
MACDILL AFB FL



# ALPHA WARRIOR COMPETITION



**BEST TIMES WIN!**  
3 TOP MALES &  
3 TOP FEMALES

**EVERYONE  
WELCOME!**

**WED, 29 MAY @ 12PM**  
**FITNESS CENTER**  
(RACQUETBALL COURT 3)

**ZONE #1: BURPEES    ZONE #2: SQUAT & PRESS    ZONE #3: CLIFFHANGER TRAVERSE**

**ZONE #4: CLIFFHANGER SWINGS    ZONE #4: INVERTED LADDER    ZONE #5: HAND RELEASE PUSH-UPS**

ACTIVE DUTY AIR FORCE WINNERS WILL BE ELIGIBLE  
FOR THE TRYOUTS FOR THE ALPHA WARRIOR REGIONAL COMPETITION

**FOR MORE INFORMATION, CALL THE  
SHORT FITNESS CENTER • (813) 828-4496**

**FSS TEXT**

TEXT Keyword  
**MACFIT**

to 95577 to Subscribe

Receive texts regarding Fitness Center Events,  
5K's, Fitness Challenges, etc



MACDILL AIR FORCE BASE

**FORCE**  
SUPPORT SQUADRON

WWW.MACDILLFSS.COM

