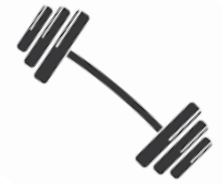


2D MLG HUMAN PERFORMANCE 500/1000/1500 POUND CLUB



Who: Marines and Sailors of 2d MLG (up to 30 participants)

What: Participants will attempt a one repetition max in all three lifts- squat, bench, deadlift, and totals will be recorded for respective 500/1000/1500# clubs

When: 15 December from 0800-1200

Where: 2d MLG Human Performance Center (HPC), Bldg 500, 512 N St., Camp Lejeune

Why: To continue quarterly 500/1000/1500# Club events for Marines and Sailors of 2d MLG through the Human Performance Program, and help members achieve new personal records

Please contact Cpl Luke Stevens at luke.stevens@usmc.mil or call 910-451-5858 to sign up for the event!