

FREE

LIFTMAS

LIFTING PARTY

DRILL HALL

DECEMBER 15 • 4 PM



Rising Bar Deadlift

Each round, the weight on the bar gets heavier and heavier. Jump in at any point - once you miss a lift you are out. If you failed your lift, you have 30 seconds to try and retake the lift 1 additional time. If you fail your retake, you are out. Hand straps are allowed and you **MUST** wear shoes and long socks or some chin protection.



Keg Carry for Distance

Lifter picks up the keg and carries it down a 50-foot course. Lifter must cross the line completely before turning around and coming back. Lifter cannot drop the keg at any point. Lifter may stop as many time as they wish, but cannot put the keg on the ground or rest on the tops of their feet. Lifter **CANNOT** shoulder the keg and must carry the keg in front of them. Distance is measured at the point they drop the keg or after 60 seconds. Weights are TBD.



Rising Bar Log Clean and Press

Lifter picks up the log and clean to chest and press overhead. Lifter will wait for the down command and drop the weight on the pad. Weights are TBD. Jump in at any point - once you miss a lift you are out. If you failed your lift, you have 30 seconds to try and retake the lift 1 additional time. If you fail your retake, you are out. Lifters **CANNOT** wear hand straps or grip assistance.

REGISTER BY DEC 13TH!
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