

INTRODUCING THE NSGL'S 1000LB CLUB 500LB CLUB



Introducing the NSGL's 1000LB/500LB Club. An exclusive weightlifting club for male and female lifters. To become a "member" of the club, one must perform one repetition of the following exercises:

Squat • Bench Press • Deadlift

After all 3 lifts are successfully completed, the total weight lifted is added up.

Those recognized on our Club Board at Gym 4 Warrior Zone:

- Males who lift a combined weight of 1000LB or more
- Females who lift a combined weight of 500LB or more

Reservation Required. Please contact the MWR Fitness Trainer Office
@ 847-688-3994 for more information.