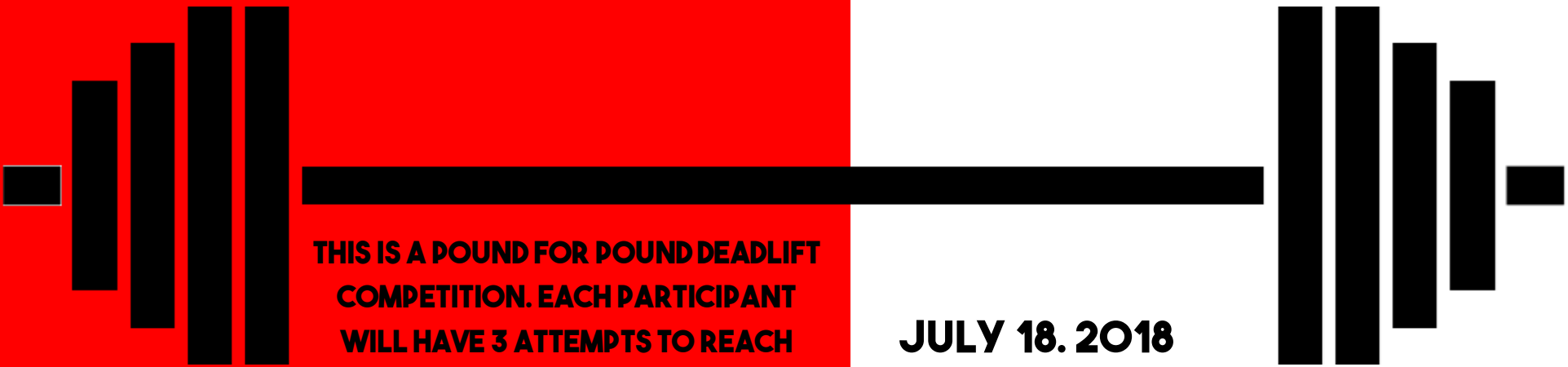


DEADLIFT COMPETITION

A stylized black barbell graphic is positioned horizontally across the middle of the poster. It features a central bar with several vertical bars of varying heights representing weights on either side. The left side of the barbell is partially obscured by the red background.

**THIS IS A POUND FOR POUND DEADLIFT
COMPETITION. EACH PARTICIPANT
WILL HAVE 3 ATTEMPTS TO REACH
THEIR MAX WEIGHT. THE PARTICIPANT
WHO LIFTS THE MOST WEIGHT WILL
WIN. MEDALS WILL BE GIVEN TO THE
TOP 3 MALE AND FEMALE
COMPETITORS. PROPER TECHNIQUE
WILL BE GIVEN BEFORE THE EVENT
BEGINS.**

JULY 18. 2018

11:30 A.M. – 1:00 P.M.

DANIELS FITNESS CENTER

