

PUSH-UP & CRUNCH CLUB

Join this **FREE** club and earn prizes by tracking your **push-ups** and **crunches**. Home, work, at the gym or on vacation, every rep counts on your quest to reach **10,000 push-ups & 10,000 crunches**.



LEVELS:

LEVEL I- 2,500 push-ups & 2,500 crunches

LEVEL II- 5,000 push-ups & 5,000 crunches

LEVEL III- 10,000 push-ups & 10,000 crunches

November 14th - January 8th

COST: FREE!!!

Prizes awarded at all levels.

Information & Registration:

Wayne Herrick

701-237-4805

wherrick@courtsplus.org



www.courtsplus.org