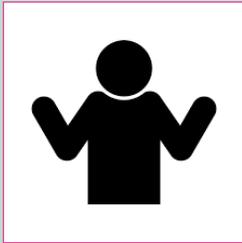




Dead Hang **Challenge!**

March 16th - 20th
FIT@PRC



Beginner: 10 seconds
Intermediate: 20 to 30 seconds
Advanced: 45 seconds plus

HOW LONG SHOULD
YOU BE ABLE TO
DEAD HANG FOR?

Why Dead Hang?

- Grip Strength
- Spine Decompression
- Shoulder Health
- Post Training Cooldown
- Muscle Stretch

\$25 Gift Card To The Dead Hang Champ!

This is a walk up event at FIT@PRC

