

# 2026 JBLM FITNESS CHALLENGE SERIES

**Compete at all JBLM fitness centers!**

**January: Total Box Jumps**

**February: Max Plank Time**

**March: Max Miles**

**April: Max Pull Ups in 5 min**

**May: Max Wall Ball Reps**

**June: 1500m Sprint on Rower**

**July: Max total Hiking Distance**

**August: Heaviest totals for Bench, Squat & Deadlift**

**September: Total distance climbed**

**October: SquatOber- Heaviest Squat**

**November: Max calories burned in 10 min on any machine**

**December: Heaviest Deadlift**

**Monthly winners posted on social media**



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Instructions

