



BISHOP
BARBELL



PRESENTS

THE FIRST ANNUAL

★ **POLICE** ★ **FIRE** ★
★ **MILITARY** ★

BENCH BASH

BENCH PRESS MEET

SANCTIONED BY

APF/AAPF



JULY 1ST

AT

EMPIRE
STRENGTH AND FITNESS

EMAIL ENTRY FORM TO BISHOPBARBELL@GMAIL.COM

GET CASH PRIZES, SET STATE AND AMERICAN RECORDS