

“HOW MANY PUSHUPS CAN YOU DO IN 90 SECONDS?”

EVERY PUSHUP RAISES MUCH NEEDED FUNDS FOR FIREFIGHTERS WITHOUT BORDERS CANADA SO WE CAN MAKE SURE FIREFIGHTERS AROUND THE WORLD ARE PROPERLY TRAINED AND HAVE THE EQUIPMENT NECESSARY TO SAVE LIVES.



WHAT DO YOU PUSH FOR?

GET FIT. HAVE FUN. MAKE A DIFFERENCE.



COME JOIN THE FUN BY DOING

PUSHUPS
FOR CHARITY

AND RAISE FUNDS BY GETTING
PLEDGES FROM YOUR FAMILY
AND FRIENDS FOR EVERY REP!

TELL YOUR FRIENDS TO SIGN UP TOO!

THANK YOU TO OUR SPONSORS



THE COMPETITION WILL BE HELD ON SUNDAY,
OCTOBER 22ND 2017 AT **CRUX FITNESS**:

3771 JACOMBS RD #420, RICHMOND, BC, V6V 2L9