



# NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

## NAVY MWR FITNESS WEEKLY CHALLENGES

**Goal:** The Navy MWR Fitness weekly challenges are designed to encourage the Navy community to be physically active during National Physical Fitness and Sports Month. Each challenge can be completed in one session or throughout the week based on current physical activity levels. Each challenge includes warm-up (i.e., pillar prep and movement prep) and cool-down (i.e., regeneration) recommendations. To complete the challenges, individuals can participate with or without weight/resistance. All warm-up exercises should be completed without weights.

**Disclaimer:** Physical activity is not without its risks, and participation in the challenges may result in injury. As with any exercise, if at any point during the challenge you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. In addition, if you have any preexisting health conditions or physical limitations, Navy MWR recommends that you consult your physician or healthcare provider before beginning any physical activity.

**Challenge Warm-ups:** Each challenge has an associated warm-up (i.e., pillar prep and movement prep) that consists of exercises to warm-up the pillar. The pillar consists of the hips, torso and shoulder, and represents the foundational structure for all movement. Pillar prep primes these three areas and their corresponding muscles to prepare your body for the work ahead, helping to protect you from injury and enhance your performance potential during your training session. The movement preparation exercises lengthen, strengthen and stabilize the body. Movement prep consists of a series of active and dynamic stretches to help prepare you to move.

**Challenge Completion Tips:** As you return to regular physical activity, the Navy MWR Fitness team recommends the following tips.

- Consider your current training and conditioning level, as well as environmental and external factors, in determining the appropriate training intensity after returning from periods of physical inactivity.
- Take breaks. Do not sacrifice exercise form, quality over quantity or speed of completion to complete the challenge.
- Perform the recommended warm-up or cool-down exercises for each challenge. Add any additional exercises to further assist you in completing the challenge.
- Allow time for hydration.
- Grab a partner and have fun!

**Regeneration:** After completing each challenge, a critical component is regeneration. It brings balance back to the body, helping to relieve tension and associated aches and pains while enhancing your body's response to the training. The regeneration exercises available at <https://www.navyfitness.org/fitness/physical-fitness-and-sports-month> can help relieve aches, pains, inflammation, and muscle tension while improving flexibility and tissue quality.

# NAVY MWR FITNESS

# 1984 CHALLENGE

## MAY 2-8, 2021



Share your photos and videos with the hashtag  
**#NavyFitness1984Challenge**

The 1984 Challenge was designed to show gratitude to all military spouses and reinforce their role and importance in supporting America's service members. Military Spouse Appreciation Day was established in 1984 by President Ronald Reagan and designated by the Department of Defense as the Friday before Mother's Day every year. So invite your spouse, partner, child, shipmate, or friend, and complete the 1984 Challenge to show your appreciation!

Warm-Up Exercises	
Exercise	Reps
90/90 Stretch with Arm Sweep	6 reps per side
Plank with Alternating Hip Flexion	6 reps per side
Glute Bridge	6 reps
Lateral Walk	6 reps per side
T's Bent Over	6 reps
Reverse Lunge, Elbow to Instep, with Rotation	6 reps per side
Knee Hug in Place	6 reps per leg
Inverted Hamstring	6 reps per leg
Cardio (e.g., walk, jog)	5-10 minutes

1984 Challenge Exercises		
Sets	Reps/Distance	Exercise
1	1984 m	Row
9	20 reps	Push-Up
8	400 m/yds	Run/Walk
4	10 reps	Pull-Up

# IRON ANCHOR CHALLENGE

## MAY 9-15, 2021



Share your photos and videos with the hashtag  
#NavyFitnessIronAnchorChallenge

The intent of the Iron Anchor Challenge is to engage the Navy community in physical activity during National Physical Fitness and Sports Month. The Iron Anchor Challenge consists of five movements, each with a prescribed number of repetitions. Providing warm-up recommendations and designed with upper, lower, core, and dynamic plyometric movement patterns, the Iron Anchor Challenge is a well-rounded and all-inclusive battery of exercises that will test the physical fitness levels of all who participate!

1. Perform all of the exercises listed below in order once while completing all repetitions of each movement before proceeding to the next.
2. Execute as many sets as needed to complete the total number of repetitions/time/distance prescribed for each movement.

Warm-Up Exercises	
Exercise	Reps
Glute Bridge	8 reps per side
Plank with Alternating Hip Flexion	8 reps per side
T's Bent Over	8 reps
Reverse Lunge, Elbow to Instep with Rotation	4 reps
2-Inch Runs	5 seconds

Iron Anchor Challenge Exercises		
Exercise	Reps/Time	Suggested Equipment
Squats	80 reps	Barbell, Dumbbell, Sandbag, Kettlebell
Push-Up	80 reps	N/A
Glute Bridge	80 reps	N/A
Pillar Bridge	2 minutes	N/A
Reverse Lunge - Alternating	40 reps per leg	Barbell, Dumbbell, Sandbag, Kettlebell

# Triple Threat Challenge

May 16-22, 2021



Share your photos and videos with the hashtag  
#NavyFitnessTripleThreatChallenge

Select three of the four cardiovascular modalities and create your personal triathlon! The selected events should be performed in succession or on different days if recovery is needed.

Warm-Up Exercises	
Exercise	Reps/Distance/Time
90/90 Stretch with Arm Sweep	6 reps per side
Plank with Leg Lift	6 reps per leg
Adductor Stretch – Half-Kneeling	6 reps per leg
Reverse Lunge with Rotation	6 reps per side
Reverse Lunge with Rotation	6 reps per side
Leg Cradle in Place	6 reps per leg
Inverted Hamstring	6 reps per leg
Linear March	10 yds/m
Cardio (e.g., walk, jog)	5-10 minutes

## Events: 1.5-mile run, 500-yard/450-meter swim, 3-mile bike, or 2,000-meter row

For those rowing for the first time, Concept2 (n.d.) provides the following technique for rowing.

**The Catch:** Arms are straight; head is neutral; shoulders are level and not hunched. Upper body is leaning forward from the hips with the shoulders in front of the hips. Shins are vertical, or as close to vertical as is comfortable for you. Shins should not move beyond perpendicular. Heels may lift as needed.

**The Drive:** Start the drive by pressing with your legs, and then swing the back through the vertical position before finally adding the arm pull. Hands move in a straight line to and from the flywheel. Shoulders remain low and relaxed.

**The Finish:** Upper body is leaning back slightly, using good support from the core muscles. Legs are extended and the handle is held lightly below your ribs. Shoulders should be low with wrist and grip relaxed. Wrists should be flat.

**The Recovery:** Extend your arms until they straighten before leaning from the hips toward the flywheel. Once your hands have cleared your knees, allow your knees to bend, and gradually slide the seat forward on the monorail. For your next stroke, return to the catch position with shoulders relaxed and shins vertical.

Rowing technique videos can be found at <https://www.concept2.com/indoor-rowers/training/technique-videos>

**Reference:** Concept2. (n.d.). The rowing stroke. <https://concept2.com/indoor>

# PUSH-PULL CHALLENGE

## MAY 23-29, 2021



Share your photos and videos with the hashtag  
#NavyFitnessPushPullChallenge

The Push-Pull Challenge is a multi-day event consisting of two separate workouts, each with its own prescribed movements and number of repetitions. Providing warm-up recommendations and designed with upper and lower push-pull movement patterns coupled with energy system development, the Push-Pull Challenge is a well-rounded and all-inclusive battery of exercises that will test the physical fitness levels of all who participate!

1. Perform all exercises listed below in order once, completing all repetitions at each movement before proceeding to the next.
2. Execute as many sets as needed to complete the total number of repetitions/time/distance prescribed for each movement.

Warm-Up Exercises	
Exercise	Reps/Distance/Time
90/90 Stretch with Arm Sweep	6 reps per side
Plank with Alternating Arm Lift	6 reps per arm
Glute Bridge – 2 Up, 1 Down	6 reps per leg
Leg Cradle	6 reps per leg
Reverse Lunge with Reach	6 reps per leg
Knee Hug in Place	6 reps per leg
Leg Cradle in Place	6 reps per leg
2-Inch Runs	5 seconds
Cardio (e.g., walk, jog)	5-10 minutes

Push-Pull Challenge Exercises #1		
Exercise	Reps/Time	Suggested Equipment
Cardio (e.g., run, jog, walk)	10 minutes	N/A
Pull-Up	50 reps	N/A
Reverse Lunge with Rotation	25 per leg	N/A
Push-Up	50 reps	N/A
Romanian Deadlift	50 reps	Barbell, Dumbbell, Sandbag, Kettlebell
Cardio (e.g., run, jog, walk)	10 minutes	N/A

Push-Pull Challenge Exercises #2		
Exercise	Reps/Distance	Suggested Equipment
Resisted Walk	400 yds/m	Sandbag, Dumbbell, Kettlebell
Bent-Over Row	50 reps	Barbell, Dumbbell, Sandbag, Kettlebell
Deadlift	50 reps	Barbell, Dumbbell, Sandbag, Kettlebell
Bench Press	50 reps	Barbell, Dumbbell, Sandbag, Kettlebell
Lateral Squat	25 per leg	Barbell, Dumbbell, Sandbag, Kettlebell
Resisted Walk	400 yds/m	Sandbag, Dumbbell, Kettlebell

# NATIONAL PHYSICAL FITNESS AND SPORTS MONTH

## NAVY FITNESS WEEKLY CHALLENGE EXERCISES

1



### 2-Inch Runs

- Start in an athletic stance with knees bent, hips back, and arms bent
- Run in place, moving your feet 2 inches off the ground as quickly as possible
- Allow your arms to move slowly and rhythmically
- Continue for the prescribed time

2



### 90/90 Stretch with Arm Sweep

- Lie with left knee bent 90° and your right leg crossed over the left
- Roll onto left side with knee on the ground
- Keep hips still, rotate chest and sweep with long arm palm up, bending your elbow at the end and reaching for your back pocket with palm down; hold for 2 seconds
- You should feel a stretch through your torso, mid/upper back, chest and shoulder
- Complete reps and repeat on opposite side

3



### Adductor Stretch – Half-Kneeling

- Start in half-kneeling position with one knee up and one knee down
- Rotate down leg in so your foot is outside opposite hip
- Lean forward, tighten your stomach, and contract the glute of your back leg
- Hold for 2 seconds, relax, and return to the starting position
- Complete the set on one side before repeating on the other

4



### Bench Press

- Lie faceup on a bench, weight over shoulders, with palms facing your thighs
- Lower weight until arms just break parallel with ground, then push back up
- Keep torso engaged and back flat during the movement

5



### Bent-Over Row

- Stand, hinged over at the waist, with weight in each hand
- Slide your shoulder blades toward your spine and then lift the weight to your body by driving your elbows to the ceiling
- Return to the starting position and repeat for the prescribed number of repetitions

6



### Deadlift

- Bend hips and knees to grab a weight on the ground in front of you
- Stand up, pulling the weight up along your thighs
- Lower the bar to the ground
- Keep the bar close to your legs, shoulder blades back and down

7



### Glute Bridge

- With feet shoulder-width apart, lift hips to create a line from knees, hips and shoulders
- Keep back flat and torso engaged throughout the movement
- Keep toes pulled up toward your shins

8



### Glute Bridge - 2 Up, 1 Down

- Lie faceup on the ground with arms at your sides, knees bent, and your heels on the deck
- Lift your hips off the ground until your knees, hips and shoulders are in a straight line
- Hold the position while lifting your right knee to your chest, then slowly lower your hips to the starting position with the single leg
- Repeat this movement for the prescribed amount of repetitions, then repeat while lifting your left knee to your chest while lowering yourself

9



### Glute Bridge with Leg Lock

- Lie faceup with knees bent and heels on the ground
- Grab one knee with both hands and pull it toward your chest
- Lift your hips toward the sky
- Hold for 1-2 seconds and lower your hips back down
- Complete the set on one leg before repeating on other leg

10



### Hand Walk

- Stand with your legs straight and hands on the ground in front of you
- Keeping legs straight and stomach tight throughout the movement, walk your hands forward
- Walk your feet back up to your hands to complete 1 rep

11



### Heel to Glute with Arm Reach

- Stand tall, lift one foot up and hold it with the same-side hand
- Bring your heel to your glute as you reach overhead with the opposite arm
- Lower your leg to starting position and repeat with opposite leg to complete 1 rep

12



### Inverted Hamstring

- Keep straight line from ear to ankle, hinge at waist and elevate your leg behind you
- When you feel a stretch, return to the standing position by contracting glute and hamstring
- Keep stance leg slightly unlocked, back flat, and shoulders and hips parallel to ground
- Complete reps and repeat on opposite side

13



### Knee Hug in Place

- Lift one leg off the ground, and slightly squat back and down on the opposite leg
- Take hold just below your knee and pull toward your chest as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up and contract the glute of your stance leg
- Move with control, and alternate sides each rep

14



### Lateral Squat - Alternating

- Start with feet wider than shoulder width; shift hips to the side and down
- Push through your hip to return to start position
- Keep opposite leg straight, back flat, and chest up
- Alternate sides each rep

15



### Leg Cradle in Place

- Stand with back straight, knees unlocked, and arms at your side
- Lift one foot off the ground and slightly squat back and down on your opposite leg
- Pull your leg as close as you can to your chest in a gentle stretch as you stand tall on the opposite leg
- Keep your weight in the middle of your foot, chest up, and contract the glute of your stance leg
- Alternate sides each rep

16



### Linear March

- Stand tall, arms at your sides, elbows bent 90°
- March forward, lifting one knee up as you drive the same side arm forward and the opposite arm back
- Drive your foot down and repeat the move, lifting opposite knee and switching arms
- Continue marching for 10 yards to complete 1 rep

17



### Mini Band - Lateral Walk (Bent Knees)

- Push up tall on your elbows and tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet should be shoulder-width apart
- Complete for time

18



### Pillar Bridge

- Push up tall on your elbows and tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet should be shoulder-width apart
- Complete for time

19



### Pillar Bridge with Arm Reach

- Start in a push-up position with feet shoulder-width apart
- Lift one arm up and away from your body, holding for 1-2 seconds
- Return your arm to the floor underneath your shoulder and repeat with the opposite arm
- Continue alternating to complete the set

20



### Plank with Alternating Hip Flexion

- Start in a push-up position with feet shoulder-width apart
- Keeping torso stable, draw one knee toward chest and tap foot on the ground
- Hold for 1 to 2 seconds and return to the starting position
- Repeat with opposite leg to complete 1 rep

21



### Plank with Leg Lift

- Start in a push-up position with feet shoulder-width apart
- Maintain a straight line from ankles to head
- Lift one leg into the air, hold for 2 seconds, and lower it back down
- Repeat with opposite leg and complete for time

22



### Pull-Up

- Hang from a pull-up bar with an overhand grip (palms facing out)
- Keeping your legs still, pull your chest to the bar
- Lower yourself to the starting position, straightening your arms completely

23



### Push-Up

- Assume a push-up position with your hands and feet on the ground
- Lower your body toward the ground, then reverse the movement without touching the ground
- Keep your body in a straight line

24



### Resisted Walk

- Stand tall holding a sandbag on one side
- Walk for the prescribed distance
- Do not sway side-to-side; hold sandbag in opposite hand for subsequent sets

25



### Reverse Lunge – Alternating

- Stand holding a weight in each hand
- Keeping chest up, step backward into a lunge
- Push through the front hip to return to starting position
- Repeat with opposite leg to complete 1 rep

26



### Reverse Lunge, Elbow to Instep, with Rotation

- Place right hand on ground and left elbow inside of left foot; hold for 2 seconds
- Place left hand outside foot and push hips toward the sky
- Keep back knee off ground and contract rear glute
- Alternate sides each rep

27



### Reverse Lunge with Rotation

- Contract your back glute at the bottom of the lunge
- Rotate your torso toward the direction of your forward leg
- Keep chest up and don't let your back knee touch the ground
- Alternate sides each rep

28



### Romanian Deadlift

- Stand holding a weight with hands wider than shoulder-width apart
- Maintaining a flat back, bend at the waist and lower the weight, keeping it close to your shins
- Stand up by contracting your hamstrings and glutes

29



### Squats

- Stand with a weight across the back of your shoulders
- Squat back and down until your thighs are close to parallel to the floor
- Push through your hips to return to a standing position
- Keep your chest up and back flat throughout the movement

30



### T's Bent Over

- Stand in an athletic stance with arms in front of you at shoulder height and palms facing up
- Reach arms out to your sides along an arc until you feel a gentle stretch in your chest
- Hold for 2 seconds, relax, and return to starting position