

IRON ANCHOR CHALLENGE

MAY 8-14, 2022



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