

# NAVY MWR FITNESS

# 1984 CHALLENGE

## MAY 1-7, 2022



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**#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