

PUSH-PULL CHALLENGE

MAY 22-28, 2022



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#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