

Navy MWR Fitness • Armed Forces Day

IRON ANCHOR CHALLENGE

MAY 15-17



Share your photos and videos with the hashtag
#IRONANCHORCHALLENGE

Navy MWR Fitness is offering the Iron Anchor Challenge to encourage and challenge the Navy community to be physically active at home during the Armed Forces Day weekend. The Iron Anchor Challenge consists of five movements, each with a prescribed number of repetitions. The Iron Anchor Challenge includes warm-up recommendations and is designed with upper, lower, core, and dynamic plyometric movement patterns, providing participants with a well-rounded and all-inclusive battery of exercises that will test their physical fitness levels. Share your photos and videos on your favorite social media using the hashtag #ironanchorchallenge.

Instructions:

Perform all of the following exercises in order once, completing all repetitions at each movement before proceeding to the next. Execute as many sets as needed to complete the total number of repetitions/time prescribed for each movement. The challenge may be physically demanding, and participation should be based on your current physical training ability. Navy MWR recommends that you consult with your health care provider before participating in the challenge to ensure there are no underlying issues that could negatively impact your ability to participate.

Warm-up Recommendations:

Movement link: <https://www.navyfitness.org/fitness/noffs-training/noffs-overview/movement-library>
View the instructional pictures and video for proper movement execution.



Glute Bridge (8 repetitions)

Select: Operational Series → Pillar Prep → Glute Bridge



Plank with Alternating Hip Flexion (8 repetitions each leg)

Select: Operational Series → Pillar Prep → Plank w/Alternating Hip Flexion



T's Bent Over (8 repetitions)

Select: Operational Series → Pillar Prep → T's Bent Over



Reverse Lunge, Elbow to Instep w/Rotation (4 repetitions each side)

Select: Strength Series → Movement Preparation → Reverse Lunge → Elbow to Instep – with Rotation




2 Inch Runs (5 seconds)


Select: Strength Series → Movement Preparation → 2 Inch Runs


Iron Anchor Challenge:


Movement link: <https://www.navyfitness.org/fitness/noffs-training/noffs-overview/movement-library>

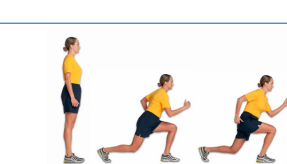
View the instructional pictures and video for proper movement execution.

- 01**  **Squats with/without Mini Bands (80 repetitions total)**
Select: Operational Series → Strength A → Squat w/Mini Band

- 02**  **Push-Ups (80 repetitions total)**
Select: Operational Series → Strength A → Push-Up

- 03**  **Glute Bridge (80 repetitions total)**
Select: Operational Series → Pillar Prep → Glute Bridge


- 04**  **Pillar Bridge/Plank – Elbows (2 minutes total)**
Select: Operational Series → Pillar Prep → Pillar Bridge


- 05**  **Reverse Lunge Alternating (80 repetitions total; 40 repetitions per leg)**
Select: Operational Series → Cardio Conditioning → Reverse Lunge Alternating


Cool Down and Recovery:


Movement link: <https://www.navyfitness.org/fitness/noffs-training/noffs-overview/movement-library>


View the instructional pictures and video for proper movement execution.

- 01**  **3- to 5-Minute Walk**
Goal: Bring heart rate down and recover blood oxygen levels

- 02**  **90/90 Stretch – with Arm Sweep (4 repetitions each side)**
Select: Operational Series → Recovery → 90/90 Stretch – w/Arm Sweep

- 03**  **Bent Knee Hamstring Stretch (8 repetitions each side)**
Select: Operational Series → Recovery → Bent Knee Hamstring Stretch

- 04**  **Quad/Hip Flexor Stretch – 1/2 Kneeling (8 repetitions each side)**
Select: Operational Series → Recovery → Quad/Hip Flexor Stretch – 1/2 Kneeling

- 05**  **Triceps Stretch (8 repetitions each side)**
Select: Operational Series → Recovery → Triceps Stretch