

FILL THE FIELD

NOV 1 – NOV 11

- Every challenge completed earns a flag placed outside of the Ivy Fitness Center and an entry into our prize giveaway. Challenges can be completed at home or the gym. Prizes will be drawn at random and winners will be notified within 2 business days.
- No time limit, no limit to the number of times you do a challenge or the number of challenges you complete.
- Challenge completion based on the honor system. Check out with the front desk after you are complete!
- If completing at home, please e-mail shannon.e.sanchez3.naf@mail.mil with Name, phone number, and number of challenges completed to add to the number of flags daily.

LIST OF INDIVIDUAL CHALLENGES

5K Run or walk (3.1 miles)

25 Burpees

Complete a group fitness class (At home or in person!)

Swim a half mile in the pool (18 laps)

50 Squats

10 Bench Press reps (males 160lbs, Females 85lbs)

Pull ups (Males 20, Females 10)

10 Deadlifts (Males 250lbs, Females 135lbs)

Walk 10,000 steps

100 Jumping Jacks

50 lunges (Each leg counts as one)

50 ACFT push-ups

20 Leg Tucks