

The “IG Challenge” Joint Physical Fitness Test

May 19, 2004, 2:00 – 4:00 p.m.

- **Uniform Tests of Aerobic and Anaerobic Endurance, Middle and Upper-Body Strength Based on Military Physical Fitness Test Events**
- **Pick 1 Event From Each of the 3 Categories of Events:**

<u>Endurance</u> (choose one)	<u>Middle-Body Strength</u> (choose one)	<u>Upper-Body Strength</u> (choose one)
1.5-mile Run 2-mile Run 3-mile Run 500-yd Swim	Sit-ups Curl-ups Crunches	Pushups or Pull-ups (M) Flexed-Arm Hang (F)

- **3 Levels of Achievement Based on Military Standards and Gender:**
 - **Gold**, Silver, **Bronze**
- **Location: Crystal City Fitness Park, (Run later on Mt. Vernon Trail)**
- **Achievement Awards Presented at the Annual OIG Awards Luncheon**
- **To Participate, Get test event descriptions, or Volunteer to assist, contact: CDR Wayne Hugar, USN; 604-8845; whugar@dodig.osd.mil**