



DEPARTMENT OF THE ARMY  
HEADQUARTERS UNITED STATES ARMY RESERVE COMMAND  
4710 KNOX STREET  
FORT BRAGG NC 28310-5010

AFRC-CM

12 November 2025

MEMORANDUM OF INSTRUCTION

SUBJECT: 2026 Double Eagle Fitness Challenge VIII

1. Purpose: The Double Eagle Fitness (DEFIT) Challenge is a ten-week holistic health and fitness (H2F) program designed for individuals, teams, and small, medium, and large units. The goal is to enhance comprehensive lethality and wellness in the United States Army Reserve (AR), while fostering a sense of community, strengthening Army identity, and providing a safe training environment for all participants.
2. Background: The H2F System is comprised of five domains: Physical, Mental, Nutritional, Sleep, and Spiritual. DEFIT is an annual Reserve tradition that focuses primarily on the Physical and Spiritual domains. An emphasis on physical readiness is critical, especially in the AR, where part-time operations present unique challenges in maintaining a steady state of physical activity and wellness. Sustaining a communal environment that promotes synergy with the Army's mission while balanced with each individual's identity aligns with the spiritual readiness we hope to foster. The methodology encompasses a competitive challenge comprised of a series of activities to encourage individuals, teams, and units to strive for peak performance. This approach enables recognition and celebration of individuals who demonstrate exceptional readiness and contributions, regardless of whether they are part of a winning team.
3. Criteria/Conditions: The challenge begins on 12 January 2026 and ends on 22 March 2026. Data verification is integrity based and entered by individual Soldiers at this link: <https://intelshare.intelink.gov/sites/usarwarriorfitt/>. Designated personnel within the United States Army Reserve Command (USARC) will validate and calculate the scores. Throughout the challenge, participants should maintain comprehensive records of their workouts. Accurate record-keeping supports efficient validation and the integrity of data when the verification process is required. A scoring algorithm posted to the DEFIT website will rank individuals, teams, and units. Participants must complete the following events: cardio, strength and resistance, high-intensity interval training (HIIT), tactical mobility active recovery and mindfulness (TMAR-M). Combining cardio events to establish required totals within that category is permitted. See enclosed 2026 Double Eagle Fitness Challenge VIII Exercise Criteria.
4. Achievements will be assigned as follows:
  - a. Teams consist of a minimum of four members and a maximum of nine members.

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Only the top four scores from each team will count toward the final score. Teams cannot change members after week 4, this ensures consistency in team composition for the remainder of the competition. The first, second, and third place AR teams will each receive a Certificate of Placement signed by the USARC Command Team (Commanding General, Command Sergeant Major, and Command Chief Warrant Officer). The top four members of these teams will also receive medallions. Only teams with individuals assigned to the AR are eligible to place and receive medallions. This ensures that the highest-performing members of the top teams are recognized for their achievements.

b. Units will be categorized by the following sizes: Small (<50 Soldiers), Medium (50-100 Soldiers), and Large (>100 Soldiers). Small units will aggregate only the top four scores; medium units will aggregate the top six scores; and large units will aggregate the top eight scores. Soldiers who complete the challenge outside the top performers in their unit will still contribute to the unit's overall score, improving its standing. Participants who do not finish the challenge will not impact their unit's score. The top three AR units in each category will receive both a Certificate of Placement and a medallion signed by the USARC Command Team. Unit sizing is based on the assigned strength of the unit at the start of the challenge, regardless of the number of participants. For example, if 123 EN CO has 120 assigned Soldiers and 30 participants, the unit will be classified as a Large unit. Only units assigned to the AR are eligible to place and receive medallions.

c. Individuals who participate and achieve the minimum thresholds in each event category will receive a Certificate of Completion signed by the USARC Command Team. Additionally, top-performing individuals may be invited to compete as part of the AR team during the Army Birthday Week festivities, hosted by the Department of the Army.

5. The point of contact for this memorandum is USARC CSM team and can be contacted at [usar-csm@army.mil](mailto:usar-csm@army.mil).

Encl

GREGORY O. BETTY  
Command Sergeant Major, U.S. Army  
Army Reserve Command Sergeant Major

## 2026 Double Eagle Fitness Challenge VIII Exercise Criteria

### 1. Cardiovascular:

- a. Run/Walk/Ruck consists of a minimum distance ratio of 12 miles per week to achieve a minimum distance of 120 miles over 10 weeks
- b. Bike includes a minimum distance ratio of 40 miles per week to meet a minimum distance of 400 miles over 10 weeks
- c. Swim comprises of a minimum distance ratio of 3,200 meters per week in order to meet a minimum distance is 32,000 meters over 10 weeks
- d. Elliptical/Rowing requires a minimum distance ratio of 15 miles per week to attain the minimum distance of 150 miles over 10 weeks

### e. Cardio Examples.

- (1) Week 1: MSG Pena runs 6 miles and rows 7.5 Miles = 100% cardio
- (2) Week 1: MSG Vollstedt swims 1,600 meters and bikes 20 Miles = 100% cardio
- (3) Week 1: SGM Nuckles does the elliptical for 15 miles and walks 12 miles = 200%

cardio

### 2. Strength/Resistance:

- a. Combined amount of weight lifted weekly. Minimum weight ratio of 5,000lbs lifted per week in order to meet minimum total weight of 50,000lbs lifted over 10 weeks. **Bodyweight training cannot be counted as strength/resistance training for the DEFIT Challenge.**

- b. Example: Week 1: SFC Buckner – Bench Press 5 sets, 10 reps, at 100 pounds = 5,000lbs strength/resistance

### 3. High-Intensity Interval Training (HIIT):

- a. HIIT is a training technique in which you go all-out and give 100% effort through quick intense bursts of exercise, followed by short, sometimes active recovery periods. This type of training keeps your heart rate up and burns fat in less time. Minimum ratio of 45 minutes of HIIT conducted per week in order to meet minimum total of 450 minutes of HIIT over 10 weeks. **HIIT cannot be double counted towards any other event (i.e. strength training, running, etc.) for the DEFIT Challenge.**

- b. Examples of HIIT include TABATA workouts, "As many Rounds (or Reps) as Possible (AMRAP) circuits, boxing or mixed martial arts training, etc.

- (1) Week 1: MSG Wright – HIIT 45 Min = 100%

(2) Week 1: SGM Setter – HIIT 90 Min = 200%

(3) Week 1: SFC Latham– HIIT 30 Min = 67%

4. Tactical Mobility Active Recovery and Mindfulness (TMAR-M):

a. TMAR-M is low-intensity exercise that helps your body recover from higher intensity training sessions. It comprises of joint-tissue mobilization (i.e. dynamic and active stretching), general and specific warm-ups, cooldowns, and activities similar to the discipline of Yoga. A minimum of 60 minutes of active recovery must be logged per week in order to meet minimum of 600 minutes in 10 weeks.

b. Example: Week 1: SPC Jones – 15 minutes logged during pre-work out warmups, 15 minutes logged for post-work out cool downs, and 30 minutes Yoga/stretching on rest and recovery day = 100%