

SCHOOL OF STRENGTH



Special Olympics



CHALLENGE

MARCH 14 - APRIL 22, 2022

The School of Strength Challenge is a 6-week challenge for individuals to complete virtually!



Exercise to the School of Strength videos online or using your DVD.
www.specialolympics.org/school-of-strength



Use the [Fitness Tracker](#) to record your progress every day.



[Submit a photo](#) of your Fitness Tracker for weeks 1-4 by April 8th to receive a running belt!



[Submit a photo](#) of your Fitness Tracker for weeks 5-6 by April 22nd to receive a t-shirt!



Athletes who complete the [Lifestyle Survey](#) and ALL 6-weeks of the challenge will be entered to win a custom SOWA duffel bag and an XBOX One X!

Register for the School of Strength Challenge through the [Spring 2022 Registration Portal](#) or email fitness@sowa.org