



HEROES CHALLENGE

Objectives:

- Perform physical activity to honor and remember those who have sacrificed for our country.

Activity:

The Heroes Challenge is more than a workout. It is a way to dedicate sweat and pain to our nation's heroes. It can be performed as an individual or as a group. The goal is to have each individual/group reach the maximum number of each category to the best of their ability. The Category will consist of pull ups, push ups, sit ups, air squats, and run. Choose a local hero, community servant or one of the heroes from the Carry The Load storyboards to honor during the challenge.