

# WINTER AMRAP CHALLENGE



AMRAP = As Many Rounds As Possible



**Even though the weather outside is cold, that doesn't mean you can't keep the heat on your competition by participating in the Winter AMRAP Challenge!**

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**The Challenge is to do 5 repetitions of 5 different exercises over 5 minutes. Completing 5 repetitions of all 5 exercises equals one round. How many can you do in five minutes?**

## Here's how to participate:

1. All participants will receive a t-shirt for completing the AMRAP Challenge. All participants will be in a random draw for an Xbox 360 as well as multiple gift cards and SOPA Swag.
2. You **must have a current athlete medical** on file with your local program to participate. If you are not a current **Special Olympics Pennsylvania** athlete you can find more information [here](#).
3. Practice each of the exercises (**Ball Taps, Jumping Jacks, Power Punches, Push Ups & Squats**) until you can successfully complete at least 5 of each. Modify as needed or is comfortable.
4. Build up your endurance doing the exercises together. Start by doing two exercises in order, then add an additional exercise until you are able to do **all five together**.
5. Set a stopwatch or alarm for **5 minutes** and see how many rounds you can complete in this timeframe.
6. Practice and challenge yourself to beat your best score.
7. By **Sunday, March 6 at 5:00 p.m.**, submit your best score [using this link](#) (if you need assistance submitting please contact a friend, family member or one of your Special Olympics coaches).