

AMERICA 250 FITNESS CHALLENGE

Beginner and Advanced 10-Week Program

250 Years. 250 Reps. One Nation. One Mission.

Launching June 2026

Built for community events, TikTok accountability, and downloadable PDF promotion.

Created by Social Tony | Steel & Coffee

Welcome to the Challenge

The America 250 Fitness Challenge is a 10-week patriotic training program built around the number 250. Every weekday includes a 250-rep mission. Saturdays are endurance days. Sundays are for recovery, reflection, and preparing for the next week.

Choose your track:

Beginner Track	Best for new exercisers, returners, and anyone building consistency. Bodyweight-focused with walking options.
Advanced Track	Best for experienced athletes. Adds load, pace, rucking, timed efforts, and harder progressions.

Safety note: Train smart. Warm up, hydrate, scale movements, and stop if pain or dizziness shows up. If you have medical concerns, get clearance from a qualified professional before starting.

Daily Warm-Up

5 to 8 minutes: easy walk or march in place, arm circles, hip circles, bodyweight good mornings, ankle rocks, and 10 easy squats.

Daily Cooldown

3 to 5 minutes: slow breathing, hamstring stretch, quad stretch, calf stretch, chest opener, and gentle spinal rotation.

Beginner Track - Weekly Schedule

Day	Mission	Workout
Monday	Liberty Strength	5 rounds: 10 incline push-ups, 10 squats to chair, 10 crunches, 10 alternating reverse lunges, 10 marching mountain climbers. Total 250 reps.
Tuesday	Founders Circuit	5 rounds: 10 step-ups, 10 wall push-ups, 10 glute bridges, 10 dead bugs, 10 band rows or towel rows. Total 250 reps.
Wednesday	Stars & Stripes Walk	2.5 mile walk or 30 to 45 minutes easy. Then 25 push-ups, 25 squats, 25 sit-ups, 25 lunges.
Thursday	Independence Circuit	10 rounds: 5 push-ups, 5 squats, 5 hip hinges, 5 plank taps, 5 seated knee tucks. Total 250 reps.
Friday	Freedom Friday	25-minute steady circuit: 5 burpees or step-back burpees, 10 push-ups, 15 squats, 20 mountain climbers. Aim for 250 reps.
Saturday	Patriot Endurance	2.5 mile walk. Optional: carry a light backpack. Keep conversational pace.
Sunday	Honor Recovery	Rest, mobility, family time, and weekly check-in.

Beginner Progression

Weeks	How to Progress
1-2	Learn the movements. Rest as needed. Focus on clean reps.
3-4	Reduce rest. Walk a little faster. Add one extra round if you feel strong.
5-6	Use full push-ups when possible. Add a light backpack on Saturday.
7-8	Finish weekday workouts faster while keeping form sharp.
9-10	Practice the finale workout and complete the 2.5 mile walk with pride.

Advanced Track - Weekly Schedule

Day	Mission	Workout
Monday	Liberty Strength	For time: 50 push-ups, 50 air squats, 50 sit-ups, 50 walking lunges, 50 mountain climbers. Then optional 2.5 mile ruck.
Tuesday	Founding Fathers Conditioning	5 rounds: 10 burpees, 10 kettlebell swings, 10 push-ups, 10 goblet squats, 10 sit-ups. Total 250 reps.
Wednesday	Stars & Stripes Ruck	2.5 mile ruck. Then 25 push-ups, 25 squats, 25 sit-ups, 25 lunges. Add weight as appropriate.
Thursday	Independence Circuit	10 rounds: 5 push-ups, 5 jump squats, 5 kettlebell swings, 5 rows, 5 plank shoulder taps. Total 250 reps.
Friday	Freedom Friday	AMRAP 25 minutes: 5 burpees, 10 push-ups, 15 air squats, 20 mountain climbers. Goal: beat last week.
Saturday	Patriot Endurance	2.5 to 5 mile ruck, walk, or run. Optional: 250 calories on bike, rower, or elliptical.
Sunday	Honor Recovery	Mobility, soft tissue work, stretching, and weekly performance notes.

Advanced Progression

Weeks	How to Progress
1-2	Set baseline times and loads. Do not chase failure yet.
3-4	Increase ruck load or pace slightly. Shorten rest between rounds.
5-6	Add load to squats/swings. Try to break fewer sets.
7-8	Push Friday AMRAP score. Keep reps crisp under fatigue.
9-10	Taper slightly before finale, then attack the final 250-rep hero workout.

Week 10 Finale - 250 Rep Hero Workout

Complete the workout for time. Record your time, take a photo, and post your finish using the challenge hashtag.

Movement	Beginner	Advanced
Push-Ups	50 incline or knee push-ups	50 standard push-ups
Squats	50 chair or air squats	50 air squats or goblet squats
Sit-Ups	50 crunches or sit-ups	50 sit-ups
Lunges	50 reverse lunges total	50 walking lunges total
Hinges / Swings	50 bodyweight hip hinges	50 kettlebell swings
Finish	2.5 mile walk	2.5 mile ruck, run, or hard walk

TikTok Challenge Rules

1. Download the program. 2. Pick Beginner or Advanced. 3. Film one workout clip each week. 4. Post your finish, tag @socialtony, and use #America250Challenge and #250YearsStrong. 5. Celebrate others who are doing the work.

Community Event Format

Segment	Plan
Opening	National Anthem, welcome message, safety briefing, group warm-up.
Challenge	25 push-ups, 25 squats, 25 sit-ups, 25 lunges. Scale as needed.
Ruck / Walk	2.5 mile community route. Weighted division optional.
Finish	Group photo, finisher certificates, sponsor shout-outs, community celebration.

10-Week Progress Tracker

Week	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Completion Statement

I completed the America 250 Fitness Challenge. I trained with purpose, honored freedom, and built strength one rep at a time.

Name:

Date: