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WOD FOR WARRIORS A250 Overview:

WOD for Warriors, hosted by Team Red, White & Blue (Team RWB), is designed to honor all of our nation's Veterans while building community and promoting health and wellness. Team RWB is a nonprofit organization forging America's leading health and wellness community for veterans.

This year, in celebration of America's 250th birthday, WOD for Warriors features the A250 workout. Participants work in teams of 2–5 to complete 250 total reps of various exercises, with a 250-meter run in between. The workout is simple, accessible, and symbolic and honors the 250 years of resilience, sacrifice, and freedom made possible by our nation's Veterans.

Thanks to our partnership with the Department of Veterans Affairs and the America250 Committee, WOD for Warriors is reaching more veterans and communities than ever. No gym, equipment, registration fee, or fundraising is required this year. Just show up, move, and honor our veterans.

Key Messages:

- Team RWB is a nonprofit organization forging the nation's leading health and wellness community for veterans.
- This year's WOD for Warriors is sponsored by FOX Nation and GORUCK.
- The A250 workout is symbolic: the 250 reps honor America's 250 years of resilience, sacrifice, and freedom made possible by our nation's military and Veterans. The team-based format reflects the power of community and teamwork.
- Veterans can improve their lives and ensure their best days are ahead of them by focusing on health, fitness, and connections with the support of Team RWB.
- Participation is simple and accessible. All you need to do is show up, move, and honor our Veterans.
- To share your impact, check in on the Team RWB App and tag @TeamRWB when posting photos or videos.