Hatter Strong is a week long strength based challenge. Competitors will compete in the challenges below for points daily prizes. The male and female participants with the most points at the end of the week will be awarded the grand prize - a pair of Beats headphones!

**MONDAY POWER LIFT COMPETITION**

*Location: Hollis Center Weight Room*
Visit the HC between 10am and 7pm to test your strength and compete in Max Bench Press, Max Deadlift, and Max Squat.

**TUESDAY BURNOUT SERIES**

*Location: Hollis Center Lounge*
Visit the HC between 10am and 7pm to compete in a Burnout Series competition featuring pushups.

**WEDNESDAY SURVIVOR PUZZLE RUN**

*Location Start: Hollis Center Patio*
Participants will run the Hatter Tracks and complete 4 mental challenges along the way. Heats will take place every 20 minutes between 4pm and 8pm.

**THURSDAY WORKOUT OF THE DAY**

*Location: Cummings Gym Lawn*
Participants will complete a Workout of the Day for time. Stop in the Hollis Center between 10am and 7pm to participate.

**FRIDAY 11AM-4PM THE FINAL CHALLENGE**

*Location: Rinker Field*
Head out to the Rinker Field between 12pm & 5pm to face the week’s toughest challenge!

More info and Registration Packet available by contacting wellnessandrecrec@stetson.edu for more information