

September's **BACK to SCHOOL** Challenge

Complete **September's Back to School Challenge** throughout the month of September. Using the calendar below, write your initials for each day you complete the **AMRAP**. At the end of the month, add up the total number of days completed, have your parents sign the bottom of the sheet, and return it to Mr. Maki for a award certificate and a prize.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 No School	2 No School	3 No School
4 No School	5 No School	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

5-9 days = Bronze Certificate

10-19 days = Silver Certificate

20-25 days = Gold Certificate

Student Name: _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____

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As Many Repetitions As Possible (AMRAP)

AMRAP is defined as an abbreviation that means "As Many Repetitions as Possible," meaning you do a circuit of exercises as many times as possible within a specific period of time.

10

Jumping Jacks



20

Mountain Climbers



Choose the level that challenges you!

Level 1

How many times can you complete all four exercises in 4 minutes?
Set your timer and GO!

Level 2

How many times can you complete all four exercises in 6 minutes?
Set your timer and GO!

10

Squats



5

Burpees

