

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 your PE teacher. Students completing at least 10 days will receive a toe token.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Rest	7	8
9	10	11	12 Rest	13	14	15
16	17	18 Rest	19	20	21	22
23	24 Rest	25	26	27	28	29
Rest 30						

Student: _____ Teacher: _____ Total Days Completed: _____

Parent Signature: _____ Grade: _____

September's **BACK to SCHOOL** Challenge

As Many Rounds As Possible (AMRAP)

AMRAP is an acronym for "as many rounds as possible," meaning you do a circuit of exercises as many times as possible within a specific period of time.

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!

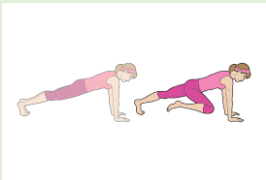
10

Jumping Jacks



20

Mountain Climbers



10

Squats



5

Burpees

