

# ACS SUMMER FITNESS CHALLENGE

Parents and Students,

ACS is launching a new summer program to build strong bodies for athletic competition. This challenge is all about physical development to aim for success in the 2026-2027 athletic seasons.

Students who complete the summer workout will receive a dri-fit shirt that can be worn during spirit days.

The goals are challenging-but attainable. Parents, please hold your students accountable during the summer that they did the work. We have 10 full weeks of summer break. Please see the handout on the back of this letter for a checklist to turn in at the beginning of school next August to verify completion of the goals.

Let's get comfortable with being uncomfortable! Let's do the work this summer for more rewards next year in our games.



## GRAMMAR GOALS:

**80** MILES RUNNING

**160** MINUTES OF PLANKS

**2000** SITUPS

**2000** BODYWEIGHT SQUATS

There are 81 days of summer. Each exercise has 80 bubbles.

### 80 MILES RUNNING

1	2	3	4	5	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	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80

### 160 MINUTES OF PLANKS

2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min
2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min
2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min
2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min	2 min

### 2000 SITUPS

25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25

### 2000 BODYWEIGHT SQUATS

25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25
25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25	25

I VERIFY THAT \_\_\_\_\_ HAS COMPLETED THE SUMMER FITNESS CHALLENGE.

PARENT SIGNATURE: \_\_\_\_\_ STUDENT SIGNATURE: \_\_\_\_\_