

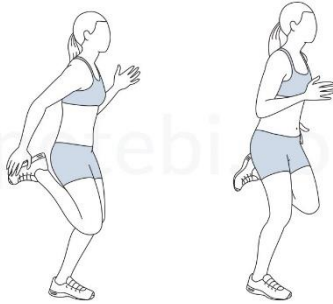
Easy Home Workout for Kids

Warm up 30 seconds for each exercise

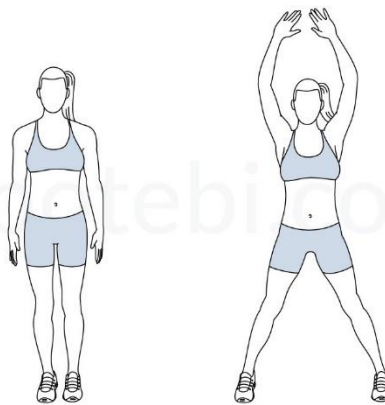
- High Knees



- Bum Kicks

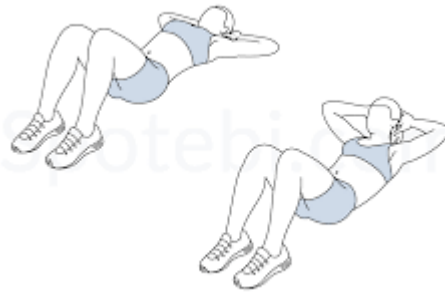


- Jumping Jacks



Round 1

- 20 sit ups



- 20 ball squat throws: squat down with ball in hand and squat up and throw the ball in air then catch ball and squat down again



- 20 jumping jacks

Round 2

- Balance on one leg for 30 seconds each leg

- 20 normal squats

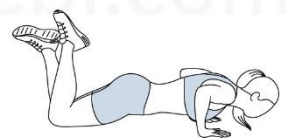


- 20 high knees



Round 3

- 10 push up, can be down on knees or normally as seen below



- 20 seconds wall sit



- 20 arm circles



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Warm down

- Touch your toes, sit on ground with your legs facing outwards and try touch your toes and hold for 10 seconds. After the 10 seconds sit back up and stretch your arms above your head and then repeat for another 1



- Stand up and raise your hands above your head and stretch upwards moving your raised hands to the right and then to the left



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well done