

KID FRIENDLY EXERCISES

30 DAY FITNESS CHALLENGE FOR KIDS

Hop around like a bunny for 30 seconds.	Do a silly dance for 2 minutes.	Run in place for 1 minute.	Do 15 squats.	Do 10 lunges with each leg.	Free choice movement.	Do 10 push ups.
Do 15 leg raises.	Balance on your right foot for 20 seconds.	Do 10 mountain climbers.	Pretend to be a bird and fly around the house for 2 minutes.	Hop on your left foot 10 times.	Walk like a crab for 30 seconds.	Move your arms in circles 30 times.
Free choice movement.	Do 10 jumping jacks.	Step up and down on a stool 10 times.	Do 14 high knees.	Walk in place for 1 minute.	Do 5 cartwheels.	Walk around like a bear for 1 minute.
Run in place for 15 seconds.	Do 10 lunges.	Do 20 scissor kicks.	Hop around like a frog for 30 seconds.		Do a silly dance for 2 minutes.	Balance on your left foot for 20 seconds.
Hop on your right foot 10 times.	Do 10 sit ups.					

LET'S GET MOVING!

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At Home Fitness Free Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**At Home Fitness Free**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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