

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!

For Kids At Home Fitness

BM King



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