

ACTIVE AT HOME

Ever Active Kids Burst #1 (15min)

Equipment: 1 ball/person, 2 skipping ropes or markers to divide 3 areas

Warm Up: This OR That

Do you prefer THIS or THAT?

THIS = 5 Jumping Jacks

THAT= 5 Cross Country Skiers

Work Out:

Animal Walk: Use a ball or soft toy to hold while moving around the room like an animal...

Crab-Bear-Frog-Bunny-Your Choice

Hands On Deck: Use 2 skipping ropes to divide the floor in 3 spaces. Announce Ship, Shore, Deck as the kids run to that space and complete the exercise.

SHIP= BOAT POSE

DECK= MOUNTAIN CLIMBERS

SHORE= TREE POSE

Jump To Drop: Kids continually do the said exercise, if you say JUMP they silly jump and if you say DROP they plank.

Exercises: High Knees, Punches, Skipping, Squats

Human Rock Paper Scissors: Best of 5

ROCK= Ball on floor

PAPER= Wide jack stance

SCISSORS= Cross arms & legs

Boat Core:

Boat – V-Sit

Row the boat

Roll out of boat – Downward Dog

Help friends off the boat – Plank

Front Crawl Swim

Back Crawl Swim

Happy Baby

Childs Pose

AIR HIGH 5, GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!