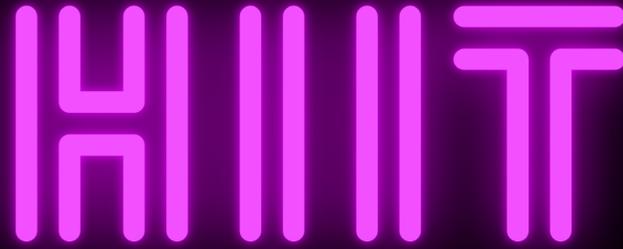
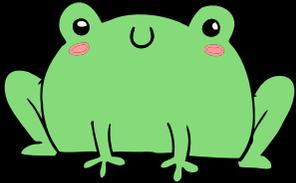


6
MINUTE



WORKOUT
FOR KIDS

SET AN INTERVAL TIMER FOR 45 SECONDS OF WORK & 15 SECONDS OF REST.



FROG JUMP

HOP, HOP, HOP UP AND DOWN LIKE A FROG



ELEPHANT STOMPS

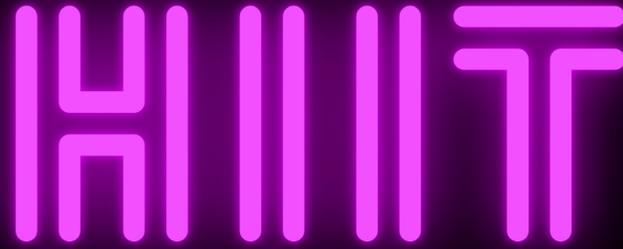
MARCH IN PLACE, STOMPING YOUR FEET AS HARD AS YOU CAN



BEAR WALK

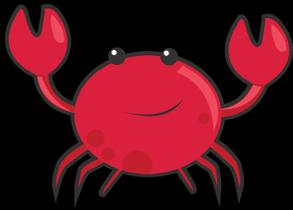
WITH YOUR HANDS AND FEET ON THE FLOOR, HIPS HIGH, WALKING LEFT AND RIGHT

6
MINUTE



WORKOUT
FOR KIDS

SET AN INTERVAL TIMER FOR 45 SECONDS OF WORK & 15 SECONDS OF REST.



CRAB WALK

SITTING DOWN, PUT YOUR PALMS ON THE GROUND BEHIND YOU, LIFT YOUR HIPS AND CRAWL



GORILLA SHUFFLE

IN A LOW SUMO SQUAT, USE YOUR HANDS TO BALANCE AND SHUFFLE AROUND THE ROOM



STARFISH JUMPS

JUMP UP AND DOWN SPREADING YOUR LEGS WIDE (JUMPING JACKS)