

Fun Home Workout for Kids

Tiptoe through the jungle

inchworm crawl

Frog jumps

Pushups (floor or wall)

Robot march

Crab toe touches

crab walk across the beach
in all directions

Donkey kicks
(30 sec each leg)

Starfish jumps

Make bridges with your hips

High knee army march

Side to side slide

Superman fly on belly

Bunny hop through flowers

10 burpees with a jump

Standing mountain climbers

Boxing punches

Swat away the bees!

Fly like an eagle

Monster walks

Bear crawl

Scared cat arches