

# 5 WORKOUTS

## TO DO WITH YOUR KIDS

Children need 60 minutes of physical activity every day. Help your kids fall in love with fitness by doing these exercises with them. Want to go in order? Or mix-and-match? Find your path to family fun!

### DAY 1

*Get every leg muscle moving!*



**MOUNTAIN CLIMBERS**  
3 sets of 20



**SQUATS**  
3 sets of 10



**CALF RAISES**  
3 sets of 10 on each side

### DAY 2

*An outstanding way to get on your feet.*



**LUNGES**  
3 sets of 10 on each side



**ARM CIRCLES**  
5 sets, 20 sec. each



**JOG IN PLACE**  
4 sets, 60 sec.

### DAY 3

*These exercises can be done inside.*



**RUSSIAN TWISTS**  
3 sets of 30



**BICYCLE CRUNCHES**  
3 sets, 30 sec.



**ARM FLUTTER**  
3 sets, 30 sec.

### DAY 4

*Jump (and kick) into healthy living.*



**QUAD KICKS**  
3 sets of 30



**JUMP ROPE**  
3 sets, 60 sec.



**LEG RAISES**  
3 sets of 10 on each side

### DAY 5

*Break a sweat... and maybe some records, too.*



**KICK A BALL**  
3 sets of 30



**HIGH KNEES**  
3 sets, 30 sec.



**PUSH-UPS**  
3 sets of 10

Remember, while kids need 60 minutes of exercise, adults need 30 minutes every day, too. Try this plan, or make your own with exercises from [ShapeYourFutureOK.com](http://ShapeYourFutureOK.com).