



Indoor Family Fun Workout

This is a kid-friendly, total body workout that can be done in 10-15 minutes and without exercise equipment.

The warm up

To warm up, walk or lightly jog on the spot or around the room for 2 minutes. Be sure to swing your arms to get your upper body warm as well.

The workout

Perform the 5 exercises below as quickly as possible, do 1-2 cycles, moving at a comfortable pace from one exercise to the next.

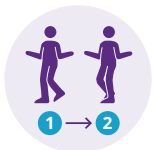
The moves

You can perform these exercises at three levels.

Beginner:
30 second intervals,
10 seconds rest

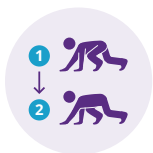
Intermediate:
45 second intervals,
15 seconds rest

Advanced:
60 second intervals,
30 seconds rest



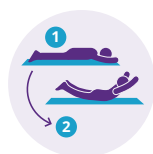
Shadow Skipping

Imagine you are holding a jump rope in your hands, turn your wrists, as you jump up off two feet, as though you are turning a rope and jumping over.



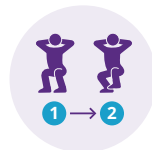
Bear Crawls

Crouch down with your hands, slightly forward, and shoulder width apart, knees off the floor and tucked under, weight in your toes. Move your crawl forward four steps, opposite arm to leg, then do the same crawling back. Have fun with this and try bear crawling around the room!



Supermans

Let's fly like Superman! Lying face-down, arms outstretched, lift your arms and legs off the ground 3-4 inches, like you are flying (keep looking down!). Hold for 3 seconds, and then lower your body down and do it again!



Duck Walk

Stand with your feet wide, toes turn slightly out, lower yourself into a deep squat, keeping your head held high, eyes front, and knees open wide. Walk around the room, rolling through your foot, heel to toe, imitating the movements of a duck. Keep your hands in front of your body for balance, or up by your ears for a challenge!



Star Jumps

Start off in a crouched position, knees and feet close, and your arms by your side. From this position, jump up off the ground, extending your arms and legs out like a star, then land softly back into your crouch.



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