












1 TIME A DAY IS *GOOD* **2** TIMES A DAY IS *GREAT*
3 TIMES A DAY IS *SUPER* **4** TIMES A DAY YOU ARE *AN ALL STAR*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Push Up 	1 -20 jumping jacks -20 wall push-ups	2 -10 push-ups -15 bridges	3 -10 sit-ups -10 v-sits	4 -10 push-ups -15 bridges	5 -10 sit-ups -10 v-sits	6 Wall Push-Up 
7 Jog 	8 -1 minute jog in place -10 crab push ups	9 -10 minutes of stretching - 30 sec. wall sit	10 -30 second plank -3 minutes stairs/steps	11 -20 lunges -15 minutes of yoga	12 HAVE A GREAT SUMMER!!!!!!!	13 Plank 
14 Mountain Climber 	15	16	17	18	19	20 Wall sit 
21 Lunge 	22	23	24	25	26	27 Sit-up 
28 Arm Circle 	29	30				High-Knees 

DO YOUR BEST AND KEEP ACTIVE!

7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



FROG JUMP

Hop, hop hop! up and down like a frog



BEAR WALK

With your hands & feet on the floor, hips high, walk left & right



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 arms and legs wide (jumping jacks)



CHEETAH RUN

Run in place as fast as you can, just like the fastest animal in the Sahara



CRAB WALK

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



ELEPHANT STOMPS

March in place, stomping your feet as hard as you can.

52-CARD PICKUP

WHEN YOU FLIP A CARD OVER, DO THE APPROPRIATE EXERCISE FOR THAT NUMBER OF REPS. FOR EXAMPLE: 2 OF SPADES = 2 AIR SQUATS. ACES = 1, JACKS = 11, QUEENS = 12, KINGS = 13.



BURPEES



MOUNTAIN CLIMBERS



STAR JUMPS



AIR SQUATS