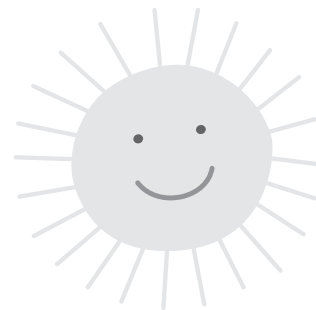




COOL MOVES FOR FIT KIDS 2

AGES 5-12

Start your day with these fun full body circuit activities.
Make sure to enjoy some fresh veggies afterwards to refuel.



1

15

BOX JUMPS

2

15

MOUNTAIN CLIMBER

3

15

TUCK JUMPS

4

15

PIKE PUSH

5

15

TRICEP DIP

6

20

WALKING TOE TOUCHES

7

15

REVERSE CRUNCH

8

10
sec

CHILD POSE

9

30
sec

RESTING POSE

Completed by:



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HEALTHY
FOR KIDS.
EASY
FOR YOU.