

# COOL MOVES FOR FIT KIDS 3

## 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

V-UP

2

30 sec

SIDE PLANK

3

30 sec

FLUTTER KICKS

4

30 sec

SWIMMER

5

15

SINGLE SPLIT SQUAT

6

20

FIRE HYDRANT

7

15

SINGLE LEG SQUAT

8

10 sec

CHILD POSE

9

30 sec

RESTING POSE

Completed by:



Check out more activities at  
[PURE-FLAVOR.COM](http://PURE-FLAVOR.COM)



HEALTHY  
FOR KIDS.  
EASY  
FOR YOU.