



COOL MOVES FOR FIT KIDS

AGERS 5-12

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



1

30
sec

JUMPING JACKS

2

30
sec

HIGH KNEES

3

15

SQUATS

4

15

SIDE LEG RAISE

5

15

RUSSIAN TWIST

6

15

DONKEY KICKS

7

15

SIDE LUNGES

8

30
sec

PLANKS

9

20

MARCHING GLUTE BRIDGE

Completed by:



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PURE-FLAVOR.COM



HEALTHY
FOR KIDS.
EASY
FOR YOU.

