

30 DAY FITNESS CHALLENGE

FOR KIDS

Hop around like a bunny for 30 seconds.

Do a silly dance for 2 minutes.

Run in place for 1 minute.

Do 15 squats.

Do 10 lunges with each leg.

Free choice movement.

Do 10 push ups.

Do 15 leg raises.

Balance on your right foot for 20 seconds.

Do 10 mountain climbers.

Pretend to be a bird and fly around the house for 2 minutes.

Hop on your left foot 10 times.

Walk like a crab for 30 seconds.

Move your arms in circles 30 times.

Free choice movement.

Do 10 jumping jacks.

Step up and down on a stool 10 times.

Do 14 high knees.

Walk in place for 1 minute.

Do 5 cartwheels.

Walk around like a bear for 1 minute.

Run in place for 15 seconds.

Do 10 lunges.

Do 20 scissor kicks.

Hop around like a frog for 30 seconds.

Free choice movement.

Do a silly dance for 2 minutes.

Balance on your left foot for 20 seconds.

Hop on your right foot 10 times.

Do 10 sit ups.