

20-Minute HIIT WORKOUT

For Kids Starting at 8 and Up



THE HIIT WORKOUT

Perform each exercise at a high intensity for 30 seconds followed by a 10-second rest in between each new exercise, if needed. Repeat this entire circuit 3x

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|--------------------|------------------|-----------------|
| - Jumping jacks | - Sumo walks | - Jump squats |
| - Wall sits | - Heel touches | - Crunches |
| - Chair-step ups | - High knees | - Lunges |
| - Bicycles | - Plank | |

Listen to your body- if you experience chest pain or dizziness, discontinue exercise