



A Workout Challenge
for the Whole Family

WORKOUTS for kids!

Do 3 times each:

- 20 PUSH-UPS
- 30 SIT-UPS
- 40 JUMPING JACKS

Do 1 min each, 3 times

- PLANK
- WALL-SIT
- SUPERMAN

Do 3 times each:

- 10 BURPEES
- 20 BICYCLE CRUNCHES
- 30 LUNGES (15/LEG)