



DAILY FITNESS CHALLENGE

FOR KIDS

A- 10 JUMPING JACKS
B- 10 PRESS UPS
C- 30 SECOND PLANK
D- CRAB WALK
E- 10 LUNGES
F- RUN IN PLACE FOR 1 MIN
G- 8 SQUATS
H-HEADSTAND
I- 3 SOMERSAULTS
J- 4 LUNGES
K- 5 STAR JUMPS
L- RUN IN PLACE 20 SECONDS
M- 3 BURPEES
N- 10 JUMPING JACKS
O- 5 SIT UPS
P- 5 KICK BACKS
Q- DUCK WALK
R- 1 CARTWHEEL
S- 30 SECOND PLANK
T- 6 SQUATS

U- 3 BURPEES
V- 1 CARTWHEEL
W- CRAB WALK
X- 4 ROLY POLYS
Y- 1 MIN JOG ON SPOT
Z- 4 LUNGES



**SPELL EACH DAY OF THE
WEEK FOR A DAILY WORK
OUT**