

Month of Curated 20 Minutes or More Online Fitness Workouts for Kids to Self

If you're like most parents, you're always looking for ways to keep your kids active and healthy. But with all the demands of modern life, it can be tough to find the time to take them to the gym or sign them up for sports.



Kids Fitness Exercises: 1 MONTH OF CURATED 20 MINUTES OR MORE ONLINE FITNESS WORKOUTS FOR KIDS TO SELF MANAGE DAILY

★★★★★ 5 out of 5

Language : English

File size : 11102 KB

Screen Reader : Supported

Print length : 224 pages

Lending : Enabled



That's where online fitness workouts can come in handy. They're a great way for kids to get their exercise in without having to leave the house. And with so many different workouts available, there's sure to be something for everyone.

In this article, we've put together a month of curated 20 minutes or more online fitness workouts for kids to self. These workouts are all designed to be fun and engaging, and they'll help your kids improve their strength, endurance, and flexibility.

Week 1

Day 1: Dance Party Workout

This workout is a great way to get your kids moving and having fun. They'll learn some basic dance moves, and they'll get a great workout in the process.



Day 2: Yoga for Kids

This workout is a great way to improve your kids' flexibility and balance. They'll learn some basic yoga poses, and they'll also learn how to breathe deeply and relax.

EXERCISES FOR KIDS



1. Planks



2. Push-ups



3. Crunches



4. Cycling



5. Lunges



6. Running

Day 3: HIIT Workout

This workout is a great way to improve your kids' cardiovascular health. They'll do a series of short, high-intensity exercises, followed by a brief period of rest.

animal themed
HIIT WORKOUT
 FOR KIDS

 **FROG JUMPS**
 Hop, hop, hop up and down like a frog!

 **BEAR WALKS**
 With your hands & feet on the floor, hips high, walk left and right.

 **GORILLA SHUFFLES**
 In a low sumo squat, use your hands to balance and shuffle around the room

 **STARFISH JUMPS**
 The classic jumping jack: jump up and down spreading your arms and legs wide

 **CHEETAH RUNS**
 Run in place as fast as you can, just like a cheetah!

 **CRAB WALKS**
 Place your hands on the ground behind you, lift your hips, and crawl on your hands and feet

 **ELEPHANT STOMPS**
 March in place, lifting your knees up high and then stomping them to the ground as hard as you can

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Day 4: Strength Training Workout

This workout is a great way to improve your kids' strength. They'll use dumbbells or resistance bands to do a series of exercises that target different muscle groups.



Day 5: Core Workout

This workout is a great way to improve your kids' core strength. They'll do a series of exercises that target the muscles in their abdomen, back, and hips.



Day 6: Active Recovery

On day 6, it's important to give your kids a chance to rest and recover from their workouts. They can do some light activity, such as walking or playing outside.

Day 7: Rest

On day 7, your kids should take a complete rest from exercise. They can relax, play, or do whatever they want.

Week 2

Day 8: Cardio Dance Workout

This workout is a great way to get your kids' hearts pumping. They'll do a series of dance moves that are set to high-energy music.



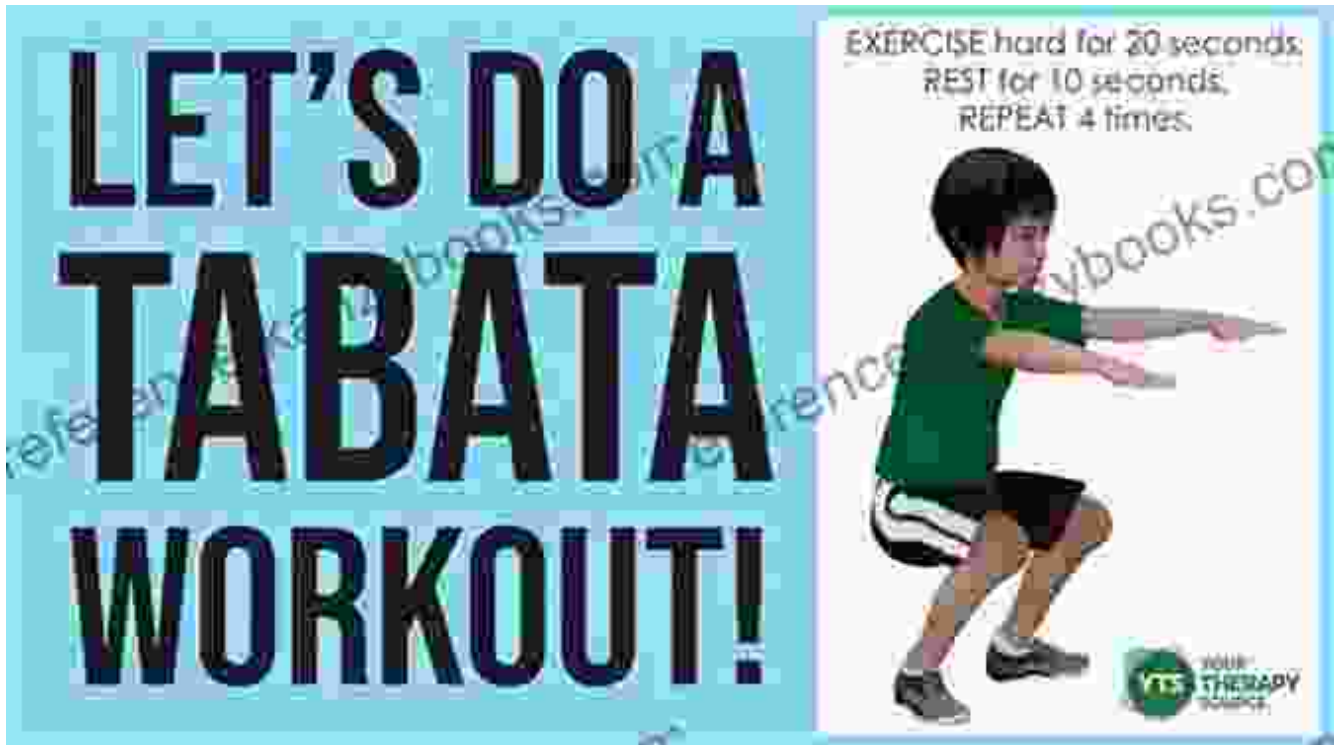
Day 9: Pilates for Kids

This workout is a great way to improve your kids' core strength and flexibility. They'll learn some basic Pilates exercises, and they'll also learn how to breathe deeply and relax.



Day 10: Tabata Workout

This workout is a great way to improve your kids' cardiovascular health and endurance. They'll do a series of short, high-intensity exercises, followed by a brief period of rest.



Day 11: Flexibility Workout

This workout is a great way to improve your kids'



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