Construct a Circuit: Build Your Own Workout!

Hey kids! It is so important to stay active during this time while you’re learning from home. Here’s a fun challenge for you to get some movement in your day!

Directions:

1. Follow this link <https://standupkids.org/movement-break/> to visit Stand Up Kids. Peek at the different movement videos posted there to help you understand the exercises.
2. Try out this sample workout!
* **Warm Up:** Check out this video <https://youtu.be/3hNVrn2_LwY> and Shake the Wiggles out for a warm up!
* **Circuit: Follow the Link!**

Here’s a video of the Circuit to follow!

<https://youtu.be/7pWWx5rne4w>

* 10 Full Squats
* Fast Feet (15 seconds) & 3 High Jumps
* 10 Burpees
* Fast Feet (15 seconds) & 3 High Jumps
* 10 Push-Ups
* Fast Feet (15 seconds) & 3 High Jumps

*\*\* Repeat the circuit 2-3 times \*\**

* **Cool Down: Follow the Link!**
* 10 Big Marches in Place
* 10 Hollow Rocks

Here’s a video of the Cool Down to follow!

<https://youtu.be/Y1i0HwPYvPs>

* 10 Medium Marches in Place
* 10 Toe Touches
* 10 Tip Toe Marches in Place
* Light Stretches
1. Build your OWN workout! You can type it out or write it on a separate piece of paper. Make sure you include a Warm-Up activity and a Cool Down, too.

Challenge yourself to complete your workout. Then, you can challenge your family members and even your teachers!