

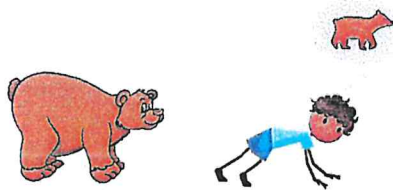


CHILDRENS 7 MINUTE DAILY WORKOUT

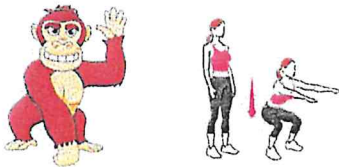
Set a timer and perform each exercise for 45 seconds with 15 seconds rest in between. Do as many as you can.



Hop back and forth like a frog as many times as you can.



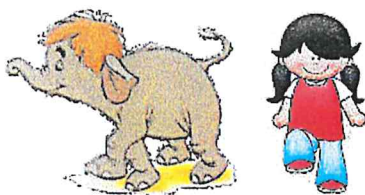
Walk like a bear from side to side and forward and back whilst keeping your hips up.



Sit in a low squat and whilst keeping hands on the floor shuffle around like a gorilla.



Star jumps with arms and legs spread wide jump as many times as you can.



Elephant marching. Standing tall lift your knees high and stomp on the ground as many times as you can.

THANK YOU



Run as fast as you can on the place where you are standing.



Place your hands behind you on the floor. Lift your hips and walk like a crab.