

# GET FIT TOGETHER: WORKOUT COMBOS DESIGNED FOR KIDS AND ADULTS

These combinations include a variety of cardiorespiratory and strengthening exercises that don't require gym equipment. These workouts would be classified as vigorous, but keep in mind that since every person is different based on their fitness level and how much effort they put behind it, it is hard to specify the exact intensity for every individual.

## COMBINATION A: FIVE REPS TO FIT

### ▶ 30 seconds: SQUAT KICKS

Stand with feet slightly wider than shoulder width apart then bend at the knees until your thighs are parallel with the floor. As you reverse the motion bring your right leg out and perform a strong kick. Alternate your legs each time. Your head and upper body should stay upright the entire exercise.

### ▶ 30 seconds: MOUNTAIN CLIMBERS

Begin in a push-up position with your weight supported by your hands and toes. Flex your right knee and hip, bring the right knee underneath your hip. In an explosive motion reverse the positions of your legs, extending your right leg and then bringing your left knee underneath your hip. Repeat this motion as quickly, but make sure your form stays constant!

### ▶ 30 seconds: REST

Try and take long even breaths during your rests to get you ready for the next activity. Make sure you do not bend over during your rest. Standing upright allows your lungs to expand and let in more oxygen!

### ▶ 30 seconds: STAR JUMPS

Stand straight up with feet together. Do a small squat down while bringing your arms into your chest. Next, explosively jump up extending your legs and hands out approximately 45 degrees to either side. As you come back down from your jump, quickly bring your hands in and your feet together back into a squatting position to get ready for the next explosive jump!

### ▶ 30 seconds: PUSH-UPS

See description in Combination B.

### ▶ 30 seconds: TOE TOUCH CRUNCHES

Lay flat on your back with your arms extended on the floor above your head and your legs raised so your feet are facing the ceiling. Do a "crunch" keeping your legs up in the air while having your hands touch your toes (or get as close as you can). Repeat the movement making sure to keep your tummy muscles tight.

### ▶ 30 seconds: REST

### ▶ REPEAT THIS COMBINATION 5 TIMES!

## COMBINATION B: "5, 10, 15, 20"

### ▶ 5 BURPEES

Stand with feet shoulder-width apart then squat down and place your hands on the floor slightly out in front of you. Next kick your legs back behind you, where you should end in a push-up position. Do one push-up then kick your feet back into the beginning squat position. From here you will perform an explosive jump extending your arms into the air straight above you. Repeat!

### ▶ 10 PUSH-UPS

Lay down with your stomach facing on the ground. Place your hands slightly wider than shoulder-width apart with hands in a position that is comfortable. Stretch your legs out straight behind you with your feet (toes pointing toward the ground) set in a position that is also comfortable for you. For some people this may be close together; for others it may be a few inches apart. Slowly raise your body from the floor until your arms are completely straight and the only the parts of your body touching the ground are your hands and feet. Steadily lower your body until your elbows are at a 90 degree angle or smaller. Make sure to keep your body in one straight line the entire movement, including your head which should be looking slightly ahead of you. Note: People with less experience may prefer to do push-ups on their knees.

### ▶ 15 AIR SQUATS

Your feet should be slightly wider than shoulder-width apart with your toes turned out to a 20 degree angle. Keeping your head and chest up, squat down with your knees following the direction of your toes, but try to keep them behind the toes as much as possible to prevent injury. Try and squat down until your thighs are parallel with the floor, or even a little bit lower where your hips drop below your knees. Now reverse the motion back to starting position.

### ▶ 20 CRUNCHES

Lay down flat on your back with your knees bent. Support your head with your hands so not to strain your neck, making sure your elbows are facing toward the wall and not the ceiling. Push the small of your back into the ground and slowly roll your shoulders off the ground. This is not a sit-up so you do not need to come all the way up but the upper half of your back should. Release and repeat. Make sure to keep your tummy muscles tightened throughout the entire exercise!

### ▶ REPEAT THIS COMBINATION 8 TIMES BUT JOG IN PLACE FOR 2 MINUTES ON EVEN ROUNDS!

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