

Homeschool PE CHALLENGE

7-Minute HIIT Workout for Kids

For age 2 years and up. Parents/guardians - join in on the fun!

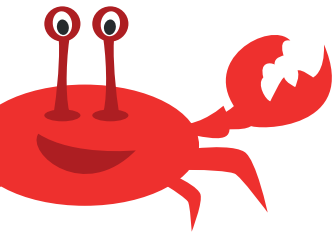
Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!

Siblings? Ditch the timer! Last man standing challenge!



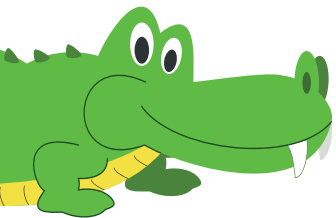
1. Frog Hops

Hop back and forth like a frog!



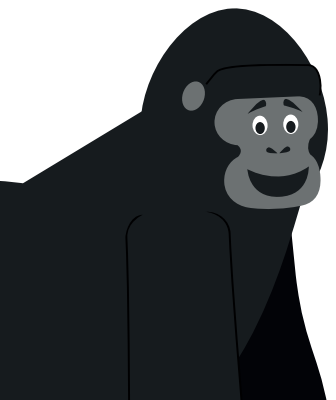
2. Crab Kicks

Sit and place your palms flat on the floor behind you near your hips. Lift your hips up off the ground and crawl.



3. Alligator Drag

From a forearm plank, crawl one arm forward at a time to drag your hips across the floor.



4. Gorilla Shuffle

Sink into a low sumo squat, with hands on the floor, and shuffle around the room.

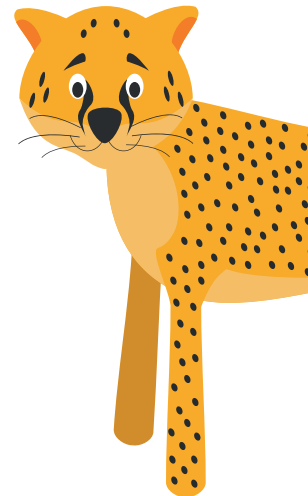
5. Starfish Jumps

Jumping jacks as fast as you can, with arms and legs spread wide.



6. Cheetah Run

Run in place as FAST as you can! Just like the fastest land animal.



7. Elephant Stomps

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

