

Kids Circuit Session 2

Work for 15s on each exercise with 30s rest between. 1 set is 10 exercises. Take 2 minutes between sets. Perform 2-3 sets. If not sure of exercises, please look on the internet for videos of them.



1. BURPEES

Start in a standing position. Move down to a press up position. Then back to a standing position and jump as high as you can



2. STAR JUMPS

Start in a standing position with arms down by your side. Jump, moving your legs out and arms up. Then jump back to a standing position



3. HIGH KNEES ON SPOT

Run on the spot, trying to get your knees as high as possible



4. TUCK JUMPS

Jump in the air as high as you can, whilst pulling your knees up to your chest



5. MOUNTAIN CLIMBERS

Start in a plank position with straight arms. Drive alternate knees up to your chest as quickly as you can



6. PRESS UPS

Starting in a plank position with straight arms. Lower your upper body down by flexing your elbows. Then push yourself back up



7. WALL SIT

Stand flat against the wall. Lower down by bending your knees to roughly a 90 degree angle. Hold this position for the time period



8. SIT UPS

Lie on back with legs bent and hands on thighs. Flex stomach by moving arms up your thighs till they touch your knees



9. ARM CIRCLES

Stand with arms straight out to the side in line with your shoulders. Make circle shapes with arms



10. SPEED SKATERS

Jump from side to side, moving back leg behind standing leg