

6 MINUTE HIIT



WORKOUT FOR KIDS

BY GREAT MINDS TOGETHER

www.greatmindstogether.co.uk

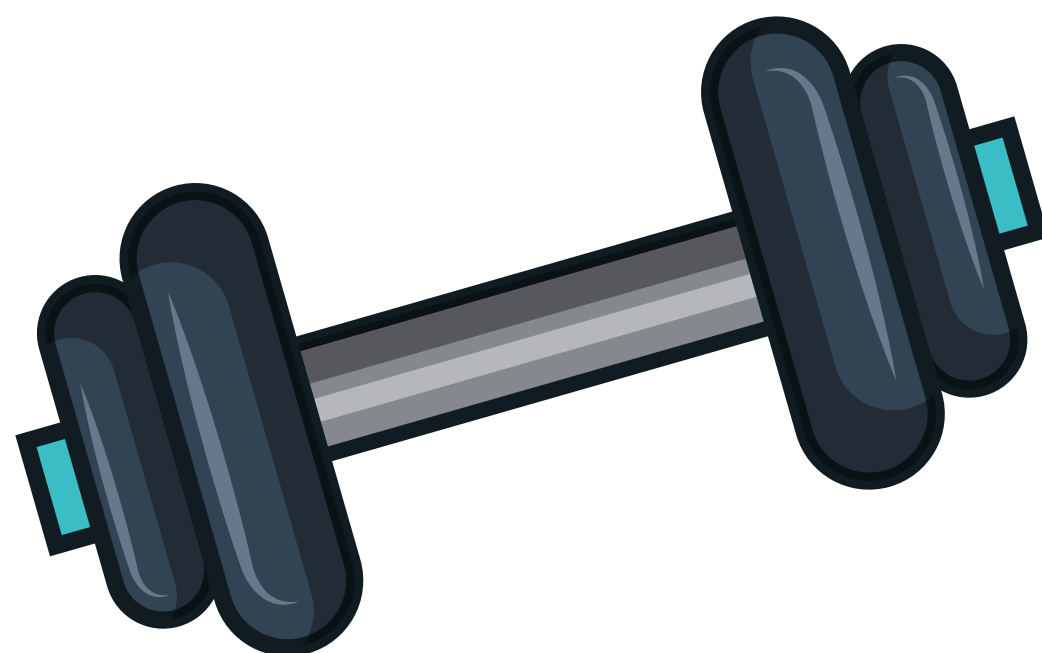
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What is a HIIT Workout?

**HIIT stands for High-Intensity Interval
Training**

**Doing this 6 minute animal themed work
out each day is not only good for your
physical health, it can also improve
emotional regulation!**

**Let's have some fun and burn some
energy!**



The Workout:

Complete an exercise for 30 seconds, take a 15 second break and then move on to the next exercise.

Keep going until you've done each exercise!



Jump Like A Frog

Crouch down and then jump up high. Ribbet!



Walk Like A Bear

Put your hands and feet on the floor with your bum in the air and walk around as quick as you can.



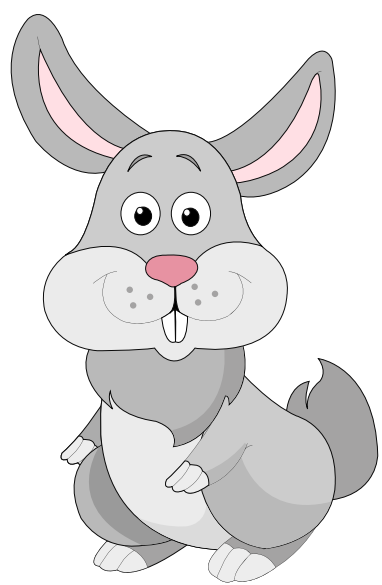
Run Like A Monkey

Squat down to the floor, flop your arms down and run like a gorilla.

The Workout:

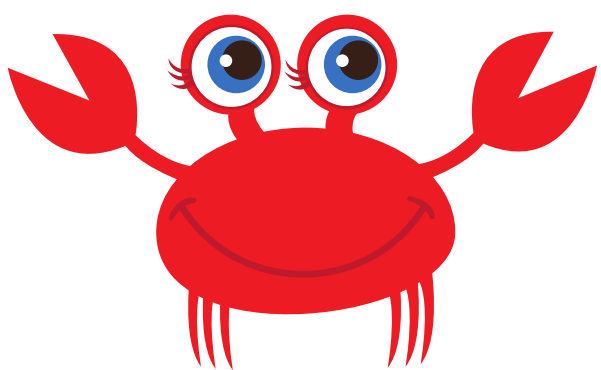
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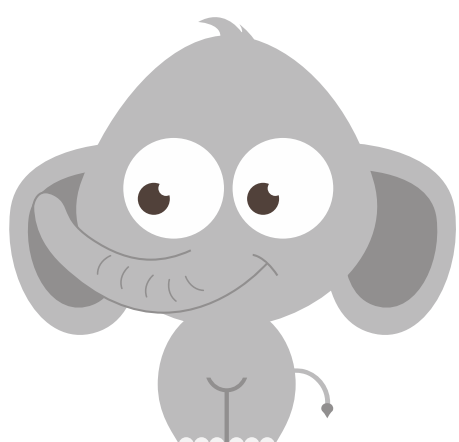
Hop Like A Rabbit

Stand on one foot and hop, hop, hop like a Rabbit. If you want for an extra challenge punch your arms out in front as you jump!



Crawl Like A Crab

Sit on your bum and put your feet flat on the floor. Put your hands on the floor behind you then lift up your bum. Now try to travel around as fast as you can. For an extra challenge try to go sideways like a crab!



March Like An Elephant

March on the spot lifting your knees up as high as you can each time. Show how fast you can march!

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