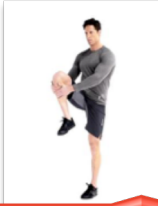
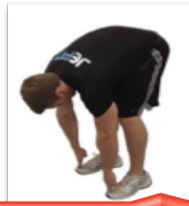


Kids at Home Workout

Warm-up



High Knee Pulls



Toe Touches

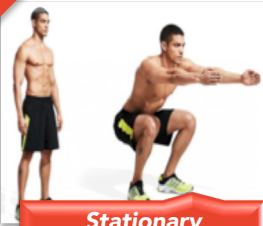


Leg Swings



Arm Swings

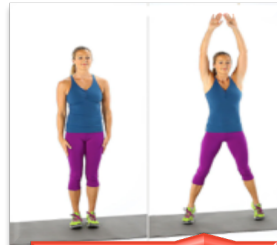
Workout



**Stationary
Bodyweight Squats**



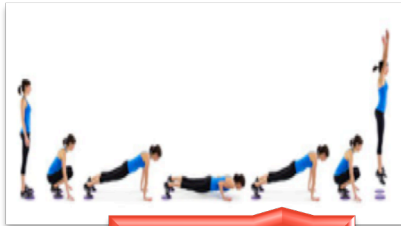
Push-ups



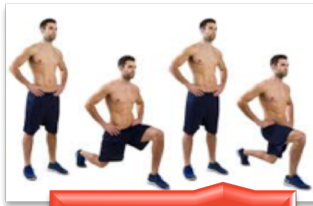
Jumping Jacks



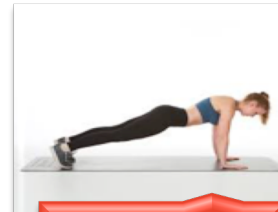
Low Plank



Burpees



**Stationary
Alternating Lunges**

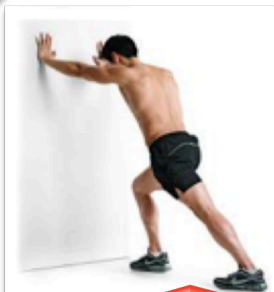


High Plank



**Repeat
2X**

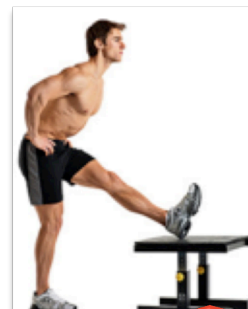
Stretch



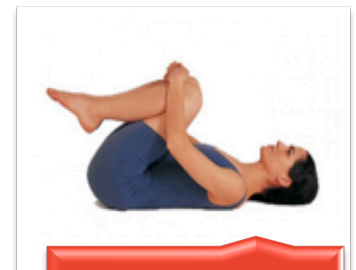
Standing Calf Stretch



**Standing Quad
Stretch**



**Standing Hamstring
Stretch**



Knees to Chest