

7 minute HIIT workout for children

45 seconds of workout and 15 seconds of rest!

Instructions



Frog Hops

These are exactly what they sound like. Hop back and forth, like a frog. Depending on how much room you have, you may need to hop in one place.



Bear Walk

Place your hands and feet on the floor. Your hips and bottom should be in the air, higher than your head. On all fours take two steps forward and two steps back, then repeat.



Gorilla Shuffles

Sink down into a low sumo squat and place your hands on the ground between your feet. Shuffle a few steps to the left and then back a few steps to the right. Maintain the squat and ape-like posture through the entire movement.



Starfish Jumps

These are jumping jacks! Do as many as you can, arms and legs spread wide like a starfish!



Cheetah Run

Run on the spot, as fast as you can!



Crab Crawl

Sit with your knees bent and place your palms flat on the floor behind you near your hips. Lift your body off the ground and "walk" on all fours forward and then backwards.



Elephant Stomps

Stand with your feet hip-width apart and stomp, raising your knees up to hip level, or as high as you can bring them up. Try to hit the palm of your hands with your knees.