

Circuit Workout for Kids



10 Jumping Jacks

15 Circles with the Hula Hoop

15-30 Seconds in Plank Position

Downward Facing Dog

Crab Walk

Run for 30-seconds

15 Circles with the Hula Hoop

Hop on One Foot

Hop on the Other

Run Up and Down Stairs

Pull-ups or Play on Monkey Bars

