

# 7 MINUTE HIIT WORKOUT FOR KIDS

SET AN INTERVAL TIMER FOR 45 SEC OF WORK 15 SEC OF REST



## **FROG JUMP**

Hop, hop hop! up and down like a frog



## **BEAR WALK**

With your hands & feet on the floor, hips high, walk left & right



## **GORILLA SHUFFLE**

In a low sumo squat, use your hands to balance and shuffle around the room.



## **STARFISH JUMPS**

Jump up and down spreading your arms and legs wide (jumping jacks)



## **CHEETAH RUN**

Run in place as fast as you can, just like the fastest animal in the Sahara



## **CRAB WALK**

Sitting down, place your palms on the ground behind you, lift your hips and crawl on your hands and feet.



## **ELEPHANT STOMPS**

March in place, stomping your feet as hard as you can.