What's your name?

A: Jump up & down 10 times
B: Spin around in a circle 5 times
C: Hop on one foot 5 times
D: Run to the nearest door and run back
E: Walk like a bear for a count of 5
F: Do 3 cartwheels
G: Do 10 jumping jacks
H: Hop like a frog 8 times
I: Balance on your left foot for a count of 10
J: Balance on your right foot for a count of 10
K: March like a toy soldier for a count of 12
L: Pretend to jump rope for a count of 20
M: Do 3 somersaults
N: Pick up a ball without using your hands
O: Walk backwards 50 steps and skip back
P: Walk sideways 20 steps and hop back
Q: Crawl like a crab for a count of 10
R: Walk like a bear for a count of 5
S: Bend down and touch your toes 20 times
T: Pretend to pedal a bike with your hands for a count of 17
U: Roll a ball using only your head
V: Flap your arms like a bird 25 times
W: Pretend to ride a horse for a count of 15
X: Try and touch the clouds for a count of 15
Y: Walk on your knees for a count of 10
Z: Do 10 push-ups

Consult a doctor before starting an exercise program - www.thesmell.com
THE PYRAMID WORKOUT
...FOR KIDS!

20  Jumping Jacks
15  Frog Jumps
10  Push-Ups
  5  Walking Lunges
10  Push-Ups
15  Frog Jumps
20  Jumping Jacks
ROLL OF THE DICE WORKOUT
Want a different workout every time?
Just roll the dice!

All you need is 2 dice and some room to workout*. Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level.
The sum of the 2 dice determines the activity you do.

ROLL a 2 - 200 jumping jacks
ROLL a 3 - 30 lunges (15 each side)
ROLL a 4 - 30 high knees (15 each side)
ROLL a 5 - 15 pushups
ROLL a 6 - 25 crunches
ROLL a 7 - 30 squats
ROLL an 8 - 40 mountain climbers (20 each side)
ROLL a 9 - 40 skaters (20 each side)
ROLL a 10 - 100 jump ropes (no rope)
ROLL an 11 - 30 butt kicks (15 each side)
ROLL a 12 - 15 burpees

*Consult a physician before starting any exercise program

WWW.THEYSMELL.COM
<table>
<thead>
<tr>
<th></th>
<th>Heads:</th>
<th>Tails:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>15 jump squats</td>
<td>25 calf raises</td>
</tr>
<tr>
<td>time</td>
<td>.60 jog in place</td>
<td>25 jumping jacks</td>
</tr>
<tr>
<td>2nd</td>
<td>20 kneeling pushups</td>
<td>10 pushups</td>
</tr>
<tr>
<td>time</td>
<td>20 jumping jacks</td>
<td>:50 jog in place</td>
</tr>
<tr>
<td>3rd</td>
<td>40 high knees</td>
<td>40 jumping jacks</td>
</tr>
<tr>
<td>time</td>
<td>35 crunches</td>
<td>20 sit-ups</td>
</tr>
<tr>
<td>4th</td>
<td>10 pushups</td>
<td>20 kneeling pushups</td>
</tr>
<tr>
<td>time</td>
<td>:60 jog in place</td>
<td>25 jumping jacks</td>
</tr>
<tr>
<td>5th</td>
<td>50 crunches</td>
<td>20 sit-ups</td>
</tr>
<tr>
<td>time</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
PLAYING CARD FITNESS

A - 35 JUMPING JACKS
K - 4 BURPEES
Q - 23 LINE JUMPS
J - JOG/WALK 3 LAPS
10 - SQUATS
9 - CURL UPS
8 - 12 LUNGES
7 - HEEL RAISES
6 - BUPEES
5 - PLANK FOR 21 SECONDS!
4 - 7 REVERSE LUNGES
3 - MOUNTAIN CLIMBERS
2 - 4 PUSH UPS

©Michael Barloga 2011
# TABATA

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Duration</th>
<th>Rest Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push-ups</td>
<td>20 sec</td>
<td>10 sec</td>
</tr>
<tr>
<td>Skier Jumps</td>
<td>20 sec</td>
<td>10 sec</td>
</tr>
<tr>
<td>Alt. Leg Kicks</td>
<td>20 sec</td>
<td>10 sec</td>
</tr>
<tr>
<td>Burpees</td>
<td>20 sec</td>
<td>10 sec</td>
</tr>
<tr>
<td>Squats</td>
<td>20 sec</td>
<td>10 sec</td>
</tr>
<tr>
<td>Jog in Place</td>
<td>20 sec</td>
<td>10 sec</td>
</tr>
</tbody>
</table>

**High Intensity Interval Training**
UNO Workout

Yellow: Jumping Jacks
Green: Squats
Red: 30 second Planks
Blue: push ups
Action cards: 10 of your choice
BACK YARD
SCAVENGER HUNT

- ant
- brown leaf
- butterfly
- clover
- cloud
- purple flower
- pinecone
- ladybug
- bird
- grass
- green leaf
- yellow flower
- feather
- rock
- sticks
**PE Skills**

- **Pool Noodle in Left Hand**
  - Tap Balloon Up 25 Times
- **Pool Noodle in Right Hand**
  - Tap Balloon Up 25 Times
- **2 Hands on Outside**
  - Tap Balloon Up Using Middle Area 25 Times
- **Hands in Middle**
  - Tap Balloon Up Using Either End 25 Times
- **Sit Down**
  - Tap Balloon Up While Sitting 20 Times
- **Lay Down**
  - Tap Balloon Up While on Back 20 Times

**Super Challenges**

- NICE!
**PE SKILLS**

**BEANBAG CHALLENGES**

1. Toss up "Clap" Catch
   - 2, 3, or 4 claps
   - 10 Times

2. Beanbag on toes kick up catch
   - 12 Times

3. Toss up catch on flat back
   - 6 Times

4. Toss up from behind back catch
   - 10 Times

5. Beanbag between feet jump up release beanbag catch
   - 12 Times

6. Toss up catch behind back
   - 10 Times

**SUPER CHALLENGES**
### Jump Rope Skill Sheets

<table>
<thead>
<tr>
<th>SKILL</th>
<th>INSTRUCTIONS</th>
<th>TIPS</th>
<th>CUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Long Jump</td>
<td>Stand at end of rope</td>
<td>Repeat foot</td>
<td>STAND</td>
</tr>
<tr>
<td></td>
<td>Jump as far possible down the rope - measure</td>
<td>Stand up and forward</td>
<td>SQUAT</td>
</tr>
<tr>
<td></td>
<td>Repeat and try to go faster - 5 jumps</td>
<td>Mark jump on rope where heels landed</td>
<td>JUMP</td>
</tr>
<tr>
<td>2. 2 Foot Jump</td>
<td>Stand at end of rope</td>
<td>Stay on balls of feet</td>
<td>JUMP</td>
</tr>
<tr>
<td></td>
<td>Jump side-to-side 12 feet down the rope</td>
<td>Try not to touch rope</td>
<td>JUMP</td>
</tr>
<tr>
<td></td>
<td>Repeat 10 times</td>
<td>Skier motion</td>
<td>JUMP</td>
</tr>
<tr>
<td>3. 1 Foot Hop</td>
<td>Stand as end of rope</td>
<td>Stay on balls of feet</td>
<td>HOP</td>
</tr>
<tr>
<td></td>
<td>Hop side-to-side 12 feet down the rope</td>
<td>Try not to touch rope</td>
<td>HOP</td>
</tr>
<tr>
<td></td>
<td>Repeat 10 times</td>
<td>Keep balanced</td>
<td>HOP</td>
</tr>
<tr>
<td>4. Criss-Cross</td>
<td>Stand as end of rope</td>
<td>Stay on balls of feet</td>
<td>JUMP CROSS</td>
</tr>
<tr>
<td></td>
<td>Jump and close then uncrossing legs down the rope</td>
<td>Try not to touch rope</td>
<td>JUMP CROSS</td>
</tr>
<tr>
<td></td>
<td>Repeat 10 times</td>
<td>Criss-cross</td>
<td>CROSS</td>
</tr>
<tr>
<td>5. ½ Turn Our</td>
<td>Stand as end of rope</td>
<td>*stay on balls of feet</td>
<td>JUMP TURN</td>
</tr>
<tr>
<td></td>
<td>Jump and turn, half way around (each jump down the rope)</td>
<td>Try not to touch rope</td>
<td>JUMP TURN</td>
</tr>
<tr>
<td></td>
<td>Repeat 10 times</td>
<td>*Cris-cross</td>
<td>TURN</td>
</tr>
</tbody>
</table>

**Level 1 - Rope on Ground**

### Top 10 Cardiovascular Endurance Exercises

- **CRISSCROSS JUMPS**
- **FROG JUMPS**
- **SUPERBALL BOUNCE**
- **BOXER BOUNCES**
- **RUN IN PLACE**
- **HIGH KNEE MARCH**
- **JUMP ROPE**
- **SCISSOR STEPS**
- **MOUNTAIN CLIMBERS**
- **JUMPING JACKS**
SIMON SAYS
FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say “Simon Says”!

- Shake your whole body.
- Jump up and down.
- Spin around in circles.
- Do a cartwheel.
- Do a somersault.
- Wave your arms above your head.
- Walk like a bear on all 4s.
- Walk like a crab.
- Hop like a frog.
- Walk on your knees.
- Lay on your back & pedal your legs in the air like you are on a bike.
- Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

- Hold your arms out at your side and make circles with them in the air.
- Hop on your left foot 10 times.
- Hop on your right foot 10 times.
- Hop around like a bunny.
- Balance on your left foot for a count of 10.
- Balance on your right foot for a count of 10.
- Bend down and touch your toes 10 times.
- Reach behind you and try and hold your right foot with your left hand without falling over.
- Reach behind you and try and hold your left foot with your right hand without falling over.
- Lay on the floor and stretch out as far you can for 10 a count of 10.
- Pretend to shoot a basketball 10 times.
- Pretend to jump rope for a count of 10.
- Pretend to ride a horse.
- Pretend to milk a cow.
- Take 5 of the biggest steps forward that you can.
- Pretend to lift a car.
- Do the strangest dance you can think of.
- Scream.

WWW.THEYSMELL.COM
25 ways to Exercise with Kids

Mom runs while kids run or bike ride along side
Swim Laps at the pool
Circuit workout in house, driveway, or backyard
Family bike ride (I pull my youngest in trailer behind)
High school or middle school track and do bleacher runs
Run around the track at a school (little ones likely play in middle field)
Backyard soccer or kickball
Wheelbarrow races (we have one, borrow another)
Relay races (frog jumps, crab walk, wheelbarrow, etc.), shoot hoops on the driveway
Hopscotch at the elementary school or chalk on driveway
Freeze tag, when you are frozen, jog in place
Hiking on a trail
Sprints up and down your street
Jump rope and jumping jacks alternate
Dance party
Practice tennis moves
Yoga (Cosmic Kids and Yoga Kids were recommended)
Trampoline tricks
Along sidewalks, skip and speed walk alternate
Hopping backwards
Create an obstacle course in backyard
Family walk to the store or along a trail
Just dance on the Wii
Roller skate in the neighborhood or at a rink

Capturing-Joy.com
<table>
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<th>Duration</th>
<th>Exercise Description</th>
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<tr>
<td>60 seconds</td>
<td>Sprints up and down a flight of stairs, two steps at a time if you can.</td>
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<tr>
<td>60 seconds</td>
<td>High knees (like a fast, bouncy, knees-up-to-chest march-in-place).</td>
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<tr>
<td>60 seconds</td>
<td>Simulated jump rope.</td>
</tr>
<tr>
<td>40 seconds</td>
<td>Skatals, then a 20-second rest.</td>
</tr>
<tr>
<td>40 seconds</td>
<td>Jumping jacks, followed by 20-second rest.</td>
</tr>
<tr>
<td>40 seconds</td>
<td>Push-ups, followed by 20-second rest.</td>
</tr>
<tr>
<td>40 seconds</td>
<td>Split squats (one foot in front of the other), 20 seconds each side, 20-second rest.</td>
</tr>
<tr>
<td>40 seconds</td>
<td>Mountain climbers, followed by a 20-second rest.</td>
</tr>
<tr>
<td>2 minutes</td>
<td>Rest</td>
</tr>
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<td>Sprints up and down a flight of stairs, two steps at a time if you can.</td>
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Workout from KidsHealth.org. As with any workout, see a physician before beginning an exercise program.
# Daily Fitness Challenge

**for Kids**

| A | N | B | O | C | P | D | Q | E | R | F | S | G | T | H | U | I | V | J | W | K | X | L | Y | M | Z |
| 10 Jumping Jacks | 4 Lunges | 30 Second Plank | 3 Burpees | Crab Walk | 10 Second Butterfly | 10 Push Ups | Run in Place 1 Min | 10 Sit Ups | 7 Jumping Jacks | 5 Cartwheels | 4 Leg Kicks | Headstand | 5 Sit Ups | 4 Somersaults | 15 Second Plank | Duck Walk | 3 Cartwheels | Jump In Air 5 Times | Crab Walk | Touch Toes 6 Times | 2 Somersaults | Spin Around 3 Times | 5 Lunges | 10 Leg Kicks | Duck Walk |

Spell each day of the week for a daily workout!