

KIDS + FAMILY



# SUMMER EXERCISE GUIDE



Month-long guide to get you and your young kids exercising and energized



SUN



Family Workout of the Week!

MON

30 minute walk

4 sets x 10 repetitions

Frog Jumps High Knees Inch Worms **Elevator Planks** 

TUES

4 rounds x 30 seconds for each exercise



- **Pulse Squats**
- Star Jumps
  - High knees
- Mountain Climbers

WED

30 minute walk

Yoga with Megan



THURS

4 rounds x 30 seconds for each exercise



- **Tuck Jumps** 
  - Spider Crunches
    - Star Jumps
      - Plank

FRI

30 minute walk

2 sets x 8 repetitions

Sumo squats Reverse lunges Pulse squats Push Ups Dead bugs

SAT

4 sets x 10 30 minute walk repetitions Body weight squats

Push Ups

Jumping Jacks

Mountain climbers



5 rounds x 30 seconds for each exercise

Elevator planks
Wall push-ups

vvaii pusn-ups

Crossbody Mountain Climbers

MON

30 minute walk

4 sets x 10 repetitions

Tuck Jumps Dead Bugs

Pulse squats

Alternating Side Lunges

Push Ups

TUES

30 minute walk + Yoga with Mandy



MED

5 rounds x 30 seconds for each exercise



- Supermans
  - High Knees
    - Wall sits
  - Low Plank

Vertical leaps

THURS

FRI

30 minute walk

+ 4 sets x 10 repetitions

Burpees

Mountain climbers

Squat Jumps

#### Crazy 8s

Complete these 8 exercises for 8 repetitions. Avoid doing more than 4 sets.



- Butt kicks
- Lunges on each leg
- Heel touches
- Broad jumps
  - Skii jumps
- Inch Worms
  - Push Ups
- Star Jumps



SAT

30 minute walk

+

Family Workout of the Week!





Sumo squats4 sets x 10High knees

Skii jumps

Calf raises

SUN

**Family Workout of the Week:** 

4 sets x 10 repetitions

MON

30 minute walk OR 30 minute dance party!

Put on your favorite playlist and get to aroovin!

+ 4 sets x 10 repetitions

Butt kicks

Spider crunches

Toe touches

Crunches

Jumping Jacks

TUES

#### **Full Body Blast**

This workout will require small handheld weights. Use dumbbells, water bottles, cans, or whatever you feel is appropriate.

 Squats + shoulder press

Chest press

• Glute bridges

Bent over rows

4 sets x 10 repetitions

Jab, punch combo

Pulse squats

Lateral raises

Russian twists

MED

30 minute walk

5 rounds x 30 seconds for each exercise Frog Jumps

High Knees

Inch Worms

Elevator Planks

THURS



<u>Lower Body Workout</u>



FRI

30 minute walk OR 30 minute dance party!

4 sets x 10 repetitions

Burpees

Vertical leaps

Mountain climbers

Squat Jumps

SAT

40 minute walk

+

Yoga with Mandy







LiveLife w/

SUN

40 minute walk

4 sets x 10 repetitions

- Standing crunches
- Sumo squats
- Push Ups
- Reverse lunges

MON



### **Total Toning with Joni**



TUES

40 minute walk

5 rounds x 30 seconds for each exercise

4 sets x 10

repetitions

- Supermans
  - High Knees
    - Wall sits
  - Low Plank

WED

40 minute walk OR 40 minute dance party!

Put on your favorite playlist and get to groovin'!



#### **Arm workout**

- Shoulder press
- Bent over row
- Push Ups
- Bicep curls
- Elevator planks

THURS

40 minute walk

5 rounds x 30 seconds for each exercise

Inch Worms

- Squat + shoulder press
- Reverse lunges + bicep curls
  - Butt kicks

FRI

40 minute walk OR
40 minute dance party!

Yoga with Megan



SAT

Family Workout of the Week: Toilet Paper Workout





 Avoid using exercise as a punishment: Building healthy, active lifestyles starts from childhood; let's get them to learn to love exercising from an early

age!

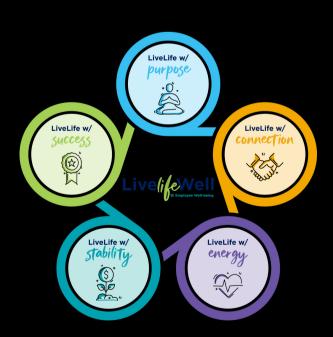
- Do physical activities and workouts as a family: Kids pay attention to what we say and do. Set a great example for them and spend quality time with them!
- Incentivize!: Use this challenge to incentivize your kiddos to exercise by providing an awesome prize once they complete it!
- Stay hydrated: If you chose to exercise outside, avoid going out in the middle of the day when the temperature is the highest. Make sure to drink plenty of fluids and consume electrolytes.
- BONUS ACTIVITIES: Swimming, playing sports, going on a hike, playing active games on Oculus--so many options to be active!



### **LINKS TO EXERCISES:**

# Check out the links below to any exercise you are unfamiliar with!

- Jumping Jacks
- Pulse Squats
- Burpees
- Squat to a shoulder press
- Supine chest press
- Skii jumps
- Mountain climbers
- High knees



- Calf raises
- <u>Dead bugs</u>
- Wall sit
- Low plank
- Heel touches
- Frog Jumps
- Plank
- Standing crunches
- Elevator planks
- Reverse lunges
- Supermans
- Lateral lunges

Questions? Email livelifewell@conehealth.com