

AGES  
5-12  
YRS

**Live***life***Well**  
Employee Well-being

KIDS + FAMILY

# SUMMER EXERCISE GUIDE

LiveLife w/  
*purpose*



LiveLife w/  
*energy*



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



# Week 1

LiveLife w/  
*energy*



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

30 minute walk

+

4 sets x 10 repetitions

Body weight squats  
Push Ups  
Jumping Jacks  
Mountain climbers



## Week 2

LiveLife w/  
energy



SUN

5 rounds x 30 seconds for  
each exercise



- Pulse squats
- Elevator planks
- Wall push-ups
- Crossbody Mountain Climbers

MON

30 minute walk

+

4 sets x 10  
repetitions



- Tuck Jumps
- Dead Bugs
- Alternating Side Lunges
- Push Ups

TUES

30 minute walk

+

Yoga with Mandy



WED

5 rounds x 30 seconds for  
each exercise



- Supermans
- High Knees
- Wall sits
- Low Plank

THURS

30 minute walk

+

4 sets x 10  
repetitions



- Burpees
- Vertical leaps
- 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



888

SAT

30 minute walk

+

Family Workout of the Week!



## Week 3

LiveLife w/  
energy



SUN

### Family Workout of the Week:

4 sets x 10 repetitions

- Sumo squats
- High knees
- Skii jumps
- Calf raises

MON

30 minute walk OR  
30 minute dance party!

*Put on your favorite playlist and get to groovin'!*

+

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

WED

30 minute walk

+

5 rounds x 30 seconds for each exercise

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

THURS



### Lower Body Workout



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





# Week 4

LiveLife w/  
energy



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

- 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'!*

+ 4 sets x 10 repetitions



## **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





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## TIPS TO KEEP IN MIND:



- **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](#)
- [Dead bugs](#)
- [Wall sit](#)
- [Low plank](#)
- [Heel touches](#)
- [Frog Jumps](#)
- [Plank](#)
- [Standing crunches](#)
- [Elevator planks](#)
- [Reverse lunges](#)
- [Supermans](#)
- [Lateral lunges](#)



Questions?  
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