

# SUMMER EXERCISE GUIDE



**AGES  
5-12**

**This summer, direct some of your child's boundless energy into a positive outlet by participating in our summer fitness program that promises to improve health and wellness**



# Week 1



SUN



## 30 MINUTE WALK

MON

## FAMILY FITNESS - CIRCUIT TRAINING

TUES

4 ROUNDS X  
30 SECONDS FOR EACH  
EXERCISE



- PULSE SQUATS
- STAR JUMPS
- HIGH KNEES
- MOUNTAIN CLIMBERS

WED

## ACTIVE REST DAY



THURS

4TH OF JULY



**GET OUTSIDE  
HAVE FUN  
AND BE A KID!**

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



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 + ACTIVE REST DAY



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

FRI

## Crazy 8s

COMPLETE THESE 8 EXERCISES  
FOR 8 REPETITIONS. AVOID  
DOING MORE THAN 4 SETS



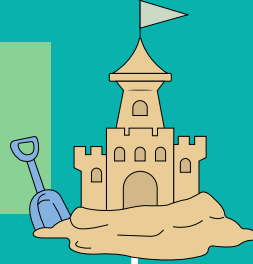
- BUTT KICKS
- LUNGES ON EACH LEG
- HEEL TOUCHES
- BROAD JUMPS
- SKII JUMPS
- INCH WORMS
- PUSH UPS
- STAR JUMPS

SAT

30 MINUTE WALK + FAMILY WORKOUT - SPELL YOUR NAME!



# Week 3



SUN

## FAMILY WORKOUT OF THE WEEK:

4 SETS  
X  
10 REPETITIONS

- SUMO SQUATS
- HIGH KNEES
- SKI 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

## FULL BODY BLAST

THIS WORKOUT WILL REQUIRE SMALL HANDHELD WEIGHTS. USE DUMBBELLS, WATER BOTTLES, CANS, OR WHATEVER YOU FEEL IS APPROPRIATE.

TUES

- 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 & CORE

### WORKOUT



FRI

30 MINUTE WALK  
OR  
30 MINUTE DANCE PARTY!

4 SETS  
+ X  
10 REPETITIONS

- BURPEES
- VERTICAL LEAPS
- MOUNTAIN CLIMBERS
- SQUAT JUMPS

SAT

30 MINUTE WALK

+

ACTIVE REST DAY



# Week 4

SUN



40 MINUTE WALK

4 SETS

X

10 REPETITIONS

- STANDING CRUNCHES
- SUMO SQUATS
- PUSH-UPS
- REVERSE LUNGES

MON



## BACKPACK FITNESS WITH DJ

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!

MOBILITY WORK

WITH DJ



SAT

FAMILY WORKOUT OF THE WEEK: TOILET PAPER WORKOUT



AGES  
5-12  
YRS



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

## 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 VIRTUAL REALITY CONSOLES - THERE ARE 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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