



# **Duration - 30 minutes**

**(5 minute warm-up, 20 minutes workout,  
5 minute cool down)**

**Age group - 9-18 Years**

# WARM UP

EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE

# Running (2 minutes)

**29**  
TIME LEFT





# Walking on toes



**25**  
TIME LEFT



# Jumping jacks





**26**  
TIME LEFT







**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**

**MAIN**

EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE

# Squats



**11**  
TIME LEFT







**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**

# Split Squats



**25**  
TIME LEFT





**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**



# Planks



23

TIME LEFT





**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**



# Curl-Ups





09

TIME LEFT





**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**

# Leg Raises



**16**  
TIME LEFT







**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**

# Back Extensions



**07**  
TIME LEFT





**DRINK SOME WATER AND  
TAKE REST FOR 30 SECONDS**



# Glute Bridge



**16**  
TIME LEFT



# Calf Raises



**20**  
TIME LEFT





# COOLDOWN

EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE  
EXERCISE EXERCISE

# Hurdle Stretch

(4 reps: 15 sec each)







**04**  
TIME LEFT

**4 Reps: 15 sec each**



# Cobra Pose

(4 reps: 15 sec each)



**11**  
TIME LEFT

**4 Reps: 15 sec each**

# Child's Pose

(4 reps: 15 sec each)





**09**

TIME LEFT

**4 Reps: 15 sec each**



**04**  
TIME LEFT



# Sit and Reach

(4 reps: 15 sec each)



**11**

TIME LEFT

