

FITNESS MOVEMENTS

Instructions: Click on a fitness movement below to view a short demonstration video.

UPPER BODY	LOWER BODY	CORE	AGILITY
Bicep Curls with Ankle Bands	Back Lunges with SandBell	Bicycles with SandBell	Bound
Hand Walks	Calf Raises	Crab Toe Touch	Hand Walks
High Plank	Duck Walk	Kickouts	Hoop Jump
Inch Worms	Side Lunges	Mountain Climbers	In, Out, In, Out with Agility Ladder
Incline Push-Ups	Single Leg Balance with SandBell	Seated Flutter Kicks	Leg Hops
Plank High 5's	Single Leg Toe Touch	Seated Heel Drops	Skiers
Push-Ups	Squat Hold with Kettle Bell	Side Bend with Kettle Bell	Speed Mountain Climbers
Rows with SandBell	Squat Jumps	Standing Bicycles with SandBell	Twists
Shoulder Taps		Tic Tocks	
Y's, T's & W's			





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