

FITNESS WARMUPS

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

UPPER BODY

Air Drumming

Air Jump Rope

Air Punches

Arm Circles

Jumping Jacks

Seal Jacks

LOWER BODY

Butt Kickers

Heel Walks

High Kicks

Knee Hugs

Quad Stretch

Toe Walks

CORE

Heel Scoops

High Kicks

Running Arms

Side Bends

Spider Lunges

Toe Touch

AGILITY

High Knees

Ice Skaters

Inch Worms

Single Leg Balance

Skip Forward/
Skip Backward

Toe Walks



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