

Indoor Family Fun Workout

This is a kid-friendly, total body workout that can be done in 10–15 minutes and without exercise equipment.

Everything gets better when you get active.



The warm up

To warm up, walk or lightly jog on the spot or around the room for 2 minutes. Be sure to swing your arms to get your upper body warm as well.

The workout

Perform the 5 exercises below as quickly as possible, do 1–2 cycles, moving at a comfortable pace from one exercise to the next.

The moves

You can perform these exercises at three levels.

Beginner:

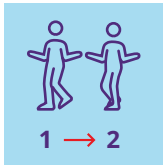
30 second intervals, 10 seconds rest

Intermediate:

45 second intervals, 15 seconds rest

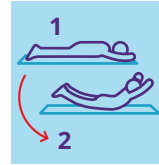
Advanced:

60 second intervals, 30 seconds rest



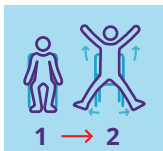
Shadow Skipping

Imagine you are holding a jump rope in your hands, turn your wrists, as you jump up off two feet, as though you are turning a rope and jumping over. For a low impact version, replace the two-foot jump with a march on the spot!



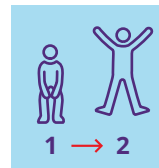
Supermans

Let's fly like Superman! Lying face-down, arms outstretched, lift your arms and legs off the ground 3–4 inches, like you are flying (keep looking down!). Hold for 3 seconds, and then lower your body down and do it again!



Seated Jumping Jacks

Sit tall toward the end of a chair, knees together, toes touching the floor, elbows bent and arms open to sides with palms facing forward. Quickly open legs out to sides, flexing feet, landing on heels, while extending your arms overhead. Return to the starting position and repeat.



Star Jumps

Start off in a crouched position, knees and feet close, and your arms by your side. From this position, jump up off the ground, extending your arms and legs out like a star, then land softly back into your crouch. For a low impact version of this exercise, simply eliminate the jump and complete the exercise by keeping one foot on the ground as you raise the other while reaching both arms above your head (alternating working leg).



Sit-to-Stand

Sit tall toward the end of your chair, knees open hip width, and your toes back beneath your knees. With either your arms extended forward or using your hands to assist from the seat of your chair, lean forward slightly until your nose is over your toes, then push up with your legs (or with hands to assist) to a standing position. Slowly lower yourself back down to your chair, resisting the forces of gravity, then repeat.

