

HIGH-IMPACT AEROBICS: YOUTH

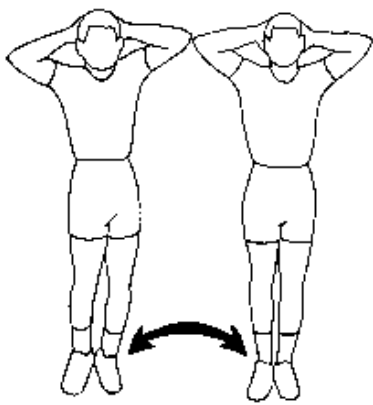
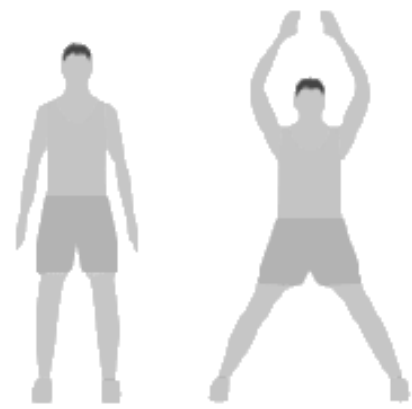
3-4 MINUTE CIRCUIT | NO EQUIPMENT REQUIRED

REMEMBER TO STRETCH FIRST TO REDUCE THE RISK OF INJURY!

DO YOUR BEST AND STOP IF IT'S PAINFUL.

15-20 JUMPING JACKS

-Modification: Pretend jump rope



20 SIDE TO SIDE JUMPS

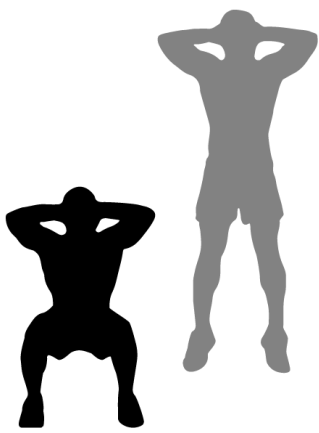
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-Place ruler or pencil on the ground and jump back and forth over it

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20 MOUNTAIN CLIMBERS

- Place shoulders over wrists
- Keep abdominals tight and back flat



10 SQUAT JUMPS WITH REACH TOWARDS CEILING

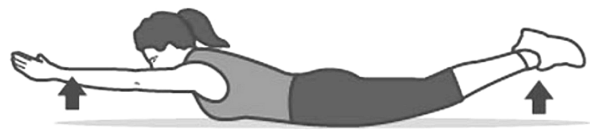
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- Alternate arms when reaching to ceiling
- Land softly from each jump allowing knees to bend

5

10 SUPERMANS OR 20 SWIMMERS

- Lay on ground and raise both arms and legs at the same time to hold for 2-3 sec
- Or Swimmers: alternate raised arms and legs to simulate "swimming"



REST, HYDRATE + REPEAT

6

- Rest 1-2 minutes
- Drink water
- Repeat the circuit 1-2 more times for a 10 minute workout

BENEFITS OF AEROBIC EXERCISE

- Helps build strong bones + muscles
- Improves lung function
- Decreases resting heart rate
- Strengthens the immune system