

LOW-IMPACT AEROBICS: YOUTH

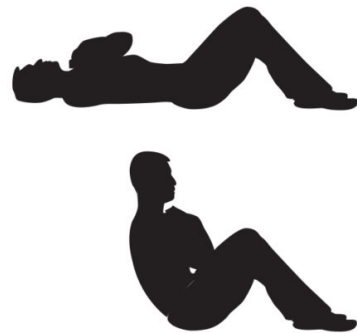
3-4 MINUTE CIRCUIT | NO EQUIPMENT REQUIRED

REMEMBER TO STRETCH FIRST TO REDUCE THE RISK OF INJURY!

DO YOUR BEST AND STOP IF IT'S PAINFUL.

1 10 SIT-UPS

- Try to keep hands on legs to avoid straining your neck



2 10 SQUATS WITH TOUCHDOWN

- Use alternating arms to reach down and tap the ground

3 10 DEADBUGS

- Use alternating arm and leg
- Keep abdominals tight and don't allow back to arch



4 10 REVERSE LUNGE TO KICK

- Keep knee over ankle when lunging then push back leg up into light kick to front
- Alternate legs for lunges

5 20 CROSS-BODY JABS

- Keep abdominals tight and pivot on each one



6 REST, HYDRATE + REPEAT

- 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