

Miss Farah's Awesome Kid Workout



For this activity I made a great workout for you to do at home either by yourself or with a family member to help you feel strong and break a fun sweat! Let's stretch and get going!

- 1) Jumping Jack: 20
- 2) Sit Ups: 20
- 3) Run in Place: 30 seconds
- 4) Push Ups: 10
- 5) Squats: 25
- 6) Jump in Place: 30 seconds

Complete each exercise 3 times

