

Children's HIIT Workout 1

Warm Up

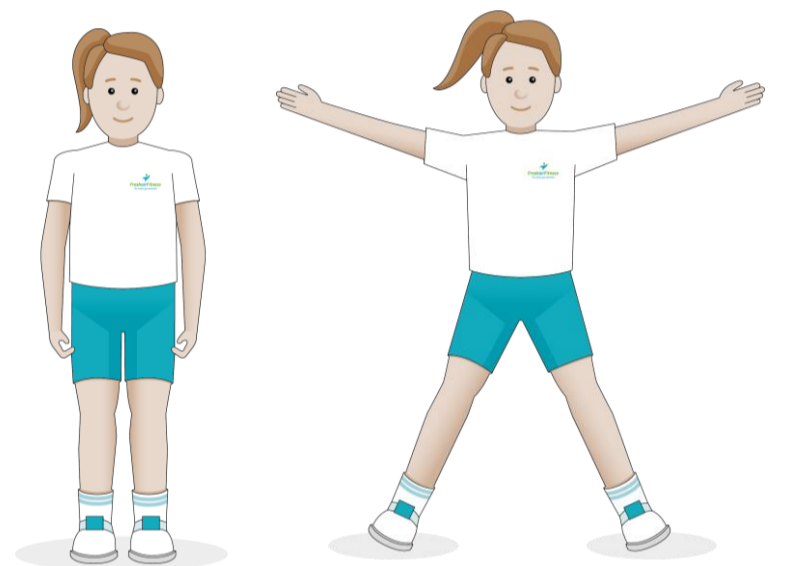
Play the traffic light game for 3 minutes: Running round in a circle, call 'red' light to stop, 'amber' to jog and 'green' to run.

Circuit

Do exercises 1-3 for 45 seconds each, 15 seconds rest in between.

1. Star Jumps

From standing, jump in the air and simultaneously move your arms and legs out to a star. Jump in again.



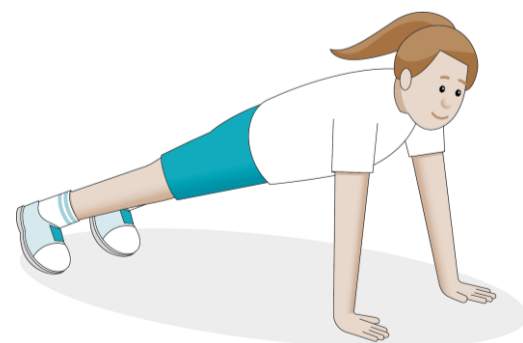
2. Heels flicks

Run on the spot bringing your heels up as high as possible behind you.



3. Plank

Get into plank position, holding your tummy tight. Hold for 45 seconds.



Rest for 30 seconds,
Repeat 4 times

To make exercises more fun, call out 'pause' at any point, making everyone stop, or 'fast forward' to speed up even more.

Cool down and stretch at the end.