

Children's HIIT Workout 2

Warm Up

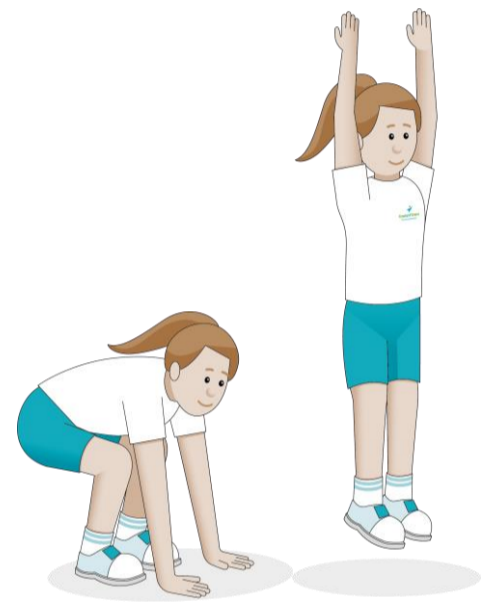
1. Jog lightly on the spot for 30 seconds, run on the spot for 30 seconds, then sprint on the spot for 30 seconds

Circuit

Do exercises 1-3 for 45 seconds each, 15 second rest after each.

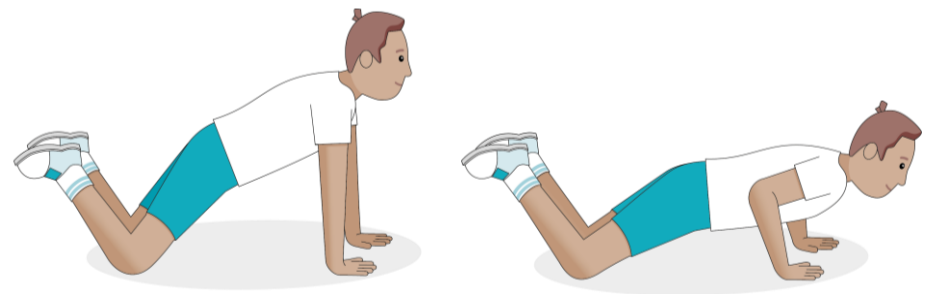
1. Frog jumps

Crouch down and then jump up as high as you can like a leaping frog, then crouch back down again ready to leap again.



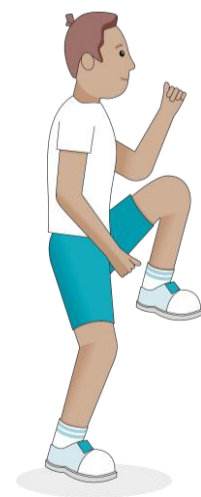
3. Knee push ups

Start in plank position with knees on the floor holding your tummy tight. Lower your upper body towards the floor and then use arms to push back up again.



2. High knees

Jog on the spot bringing your knees up as high as possible in front of you.



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.