

Children's HIIT Workout 3

Warm Up

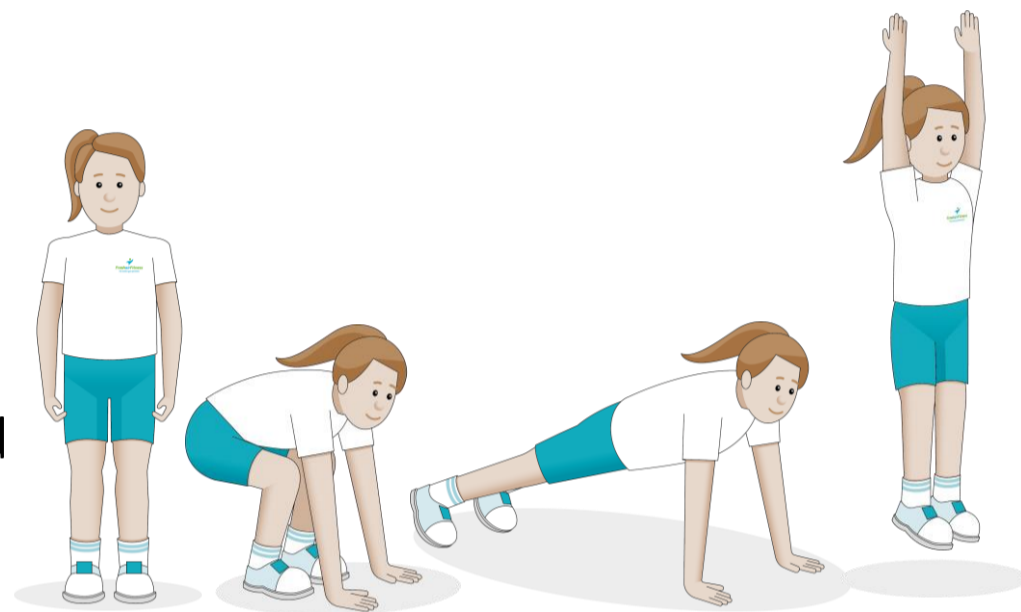
1. Jog lightly on the spot for 30 seconds, run on the spot for 30 seconds, then sprint on the spot for 30 seconds

Circuit

Do exercises 1-3 for 45 seconds each.

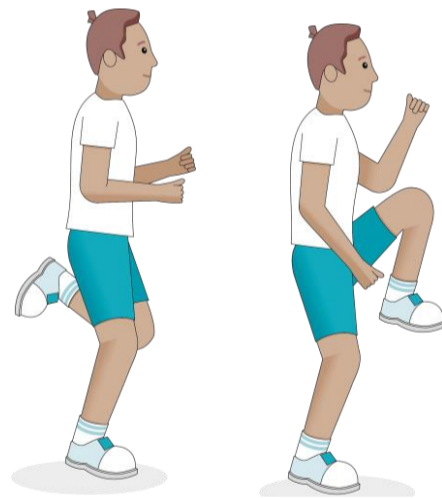
1. Burpees

From standing, squat down and place hands on the floor. Kick legs out behind you into a plank. Bring them back into the squat then launch into a vertical jump.



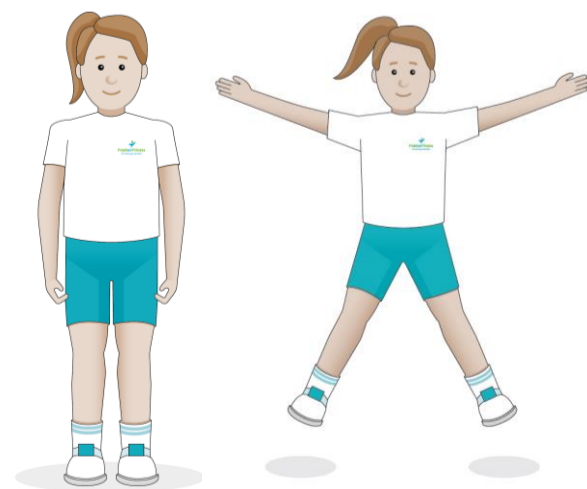
2. High knees/ heel flicks

Run on the spot alternating bringing your knees up as high as possible in front of you, then kicking your heels up behind you.



3. Jumping Jacks

Standing tall, jump high into the air while moving your arms and legs out, return to start position ready for more.



Rest for 30 seconds,

Repeat 4 times

To make exercises more fun, call out 'red light' at any point, making everyone freeze, and then a green light to go again

Cool down and stretch at the end.