

# Children's HIIT Workout 4

## Warm Up

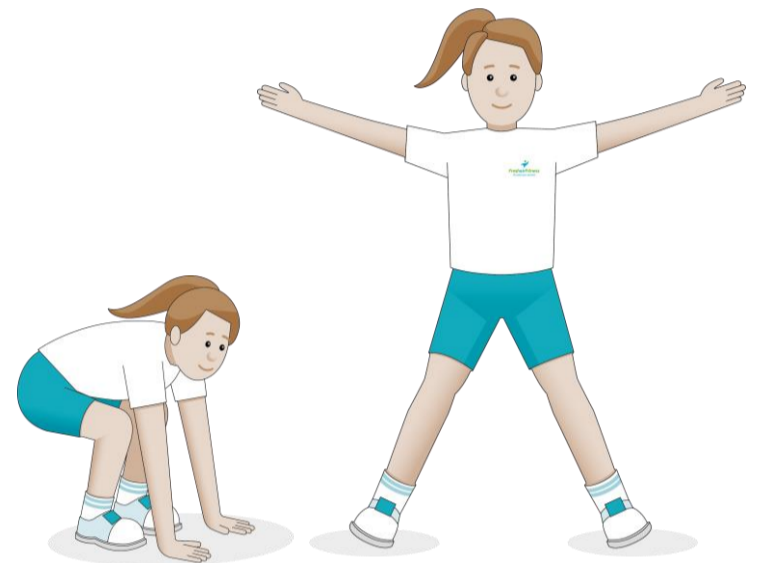
Play the traffic light game for 3 minutes: Running round in a circle, call 'red' light to stop, 'amber' to jog and 'green' to run.

## Circuit

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

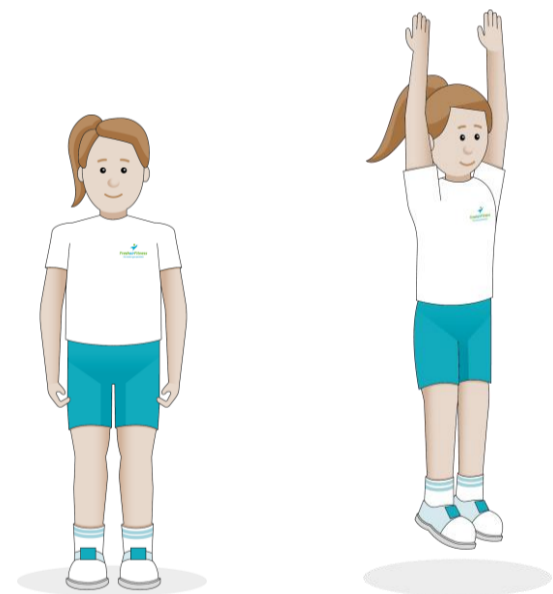
### 1. Shooting star

Crouch down to the ground and then jump up, simultaneously move your arms and legs out to a star. Crouch down again ready for another.



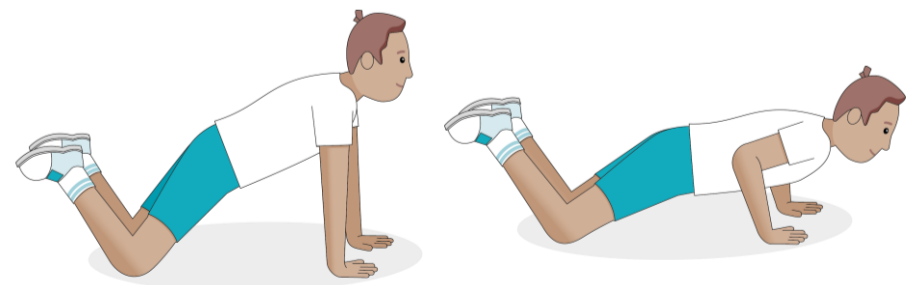
### 2. Speed bounce

Stand tall with your arms in the air and jump up and down as fast as you can.



### 3. Knee push ups

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



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.