

# Kids How-to Guide for 10-Minute Exercise Breaks

Exercises you can do to lift those buns off the chairs.

## The Hulk



- Bend forward at the hips, keep back straight.
- Bend your elbows slightly in front of you to form a 90-degree angle.
- Slowly raise your arms so your palms face the floor, and hands are at ear height.
- Squeeze down slowly to return to the starting position. Repeat.

## Knee Lifts



- Begin by performing the side step (see back).
- After stepping to the right with your right foot, lift your left knee in front of your body, lower your knee and plant your left foot, now lift your right knee, then lower.
- Alternate left and right.

## Jumping Jacks



- Stand with feet together, hands at your sides.
- Jump to a position of feet apart, while raising your arms outward and up above your head.
- Return to the starting position. Repeat.

## Shoulder Press



- Stand with palms facing forward at ear height. *May use weights or resistance bands.*
- Push hands up to the ceiling until your elbows are nearly straight.
- Return to the start position. Repeat.

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## Punches



- Begin with the **rock step** (see below).
- As you tap your right toe, punch in front of your body with your right arm, as you tap left, punch with your left arm.
- Be sure not to straighten your arm completely as you punch.

**Rock Step:** Beginning with your feet shoulder-width apart, rock from side to side. As you rock to the right, tap your left toe in place, rock to the left and tap your right toe in place. Repeat.

## Hamstring Curls



- Begin with the **side step** (see below).
- After you step to the left with your right foot, bend your left knee to kick your heel toward your bottom: plant your left foot; kick your right foot back toward your bottom.
- Alternate left and right.

**Side Step:** Beginning with your feet together, step to the right with your right foot. Bring your left foot over next to your right. Now, step back to the left with your left foot and bring your right foot over next to your left. Repeat.

## Pushups



- Balance on your toes, heels up and together with arms straight and flat on the floor, keep your hands slightly wider than shoulder-width apart.
- Bend your elbows to lower chest until it almost touches the floor.
- Push back up to the starting position.
- Hold your abdominal muscles tight and keep your body in a straight line throughout the entire exercise.

## Crunches



- Lie on your back with your legs bent and your feet on the floor hip width apart.
- Keep your head straight throughout the exercise and do not arch your neck.
- Use your abdominal muscles to lift the upper part of your body a few inches forward and upwards, until your shoulder blades are off the floor.
- Slowly lower your body to start position. Repeat.

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