

12 Days of Fitness Workout for Kids!

Kids can be really excited during the holidays. If you would like to help your kids focus their energy – try the following 12 days of Fitness Workout for Kids with them!



Day 1. Checking the chimney (30 seconds)

- Climb an imaginary ladder – Improves cardiovascular fitness and strengthens coordination and balance.
 - Stand with feet shoulder width apart.
 - Move arms and legs as if you were climbing a ladder – keep stomach muscles tight and upper body tall.
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Day 2. Twirling Wreaths (30 seconds)

- Side arm circles.
 - Marching on the spot raise arms out to the side (shoulder height, parallel to the floor).
 - Circle arms forward for 15 seconds and then backwards for 15 seconds.
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Day 3. Jump & Twirls (30 seconds)

- Start by jumping on the spot - feet shoulder width apart, knees slightly bent, stomach muscles tight, and upper body tall.
 - Begin twirling forearms in small circles in front of the body (forwards and backwards).
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Day 4. Snow Man Walk (20 seconds X 2)

- Narrow Wide Marches.
 - Walk with feet shoulder width apart, moving arms back and forth (elbows bent). Continue for 10 seconds.
 - Move feet wider apart, knees slightly bent and continue to walk for 10 seconds.
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Day 5. Candy Cane Twist (10X)

- Do the twist – Strengthens legs and core muscles and improves circulation
 - Stand with feet shoulder width apart, knees slightly bent and arms out to the side (parallel to the floor).
 - Twist upper body to the left, lower body to the right, and reverse in a continuous motion – Keep stomach muscles tight and upper body tall.
 - Slowly twist down to the floor by slowly bending your knees while twisting upper and lower body.
 - Slowly rise up by straightening your knees while continuing to twist upper and lower body.
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Day 6. THANK YOU Jump for Joy (10 x)

- Jump and reach – Strengthens legs and circulation, improves coordination and balance.
 - Stand with your feet shoulder width apart and knees slightly bent.
 - Slowly bend your knees (as if you were sitting into a chair) keeping your
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- knees behind your toes.
 - Jump up and raise your hands high over your head to say “Thank you”!
 - Land softly in starting position with knees slightly bent.
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Day 7. Popcorn Garland (30 seconds)

- Crouch down into a little popcorn kernel, head tucked in towards the chest and arms folded across the front of the body.
 - Start jumping on the spot.
 - Continue jumping as the kernel gets bigger and bigger (standing up).
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Day 8. Growing Christmas Trees (10X)

- Crouch down into a little seed, head tucked in towards the chest and arms folded across the front of the body.
 - Slowly rise to a standing position while stretching arms out to the side for tree branches.
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Day 9. Tree Toppers (10 x)

- Calf raises – Strengthens lower body.
 - Stand with feet should width apart.
 - Slowly raise up onto the balls of your feet, hold for 6-8 seconds, and slowly lower heels back to the ground – Keep stomach muscles tight and upper body tall.
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Day 10. Present Peekers (10 x)

- Push ups - Strengthens arms, shoulders, and chest.
 - Start on your hands and knees – hands under shoulder and knees under hips.
 - Slowly bend your arms lowering your body, face and chest towards the floor to peek under the tree.
 - Slowly straighten arms keeping stomach muscles tight to protect back.
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Day 11. Wrapping Paper Toss (5 x each arm)

- Standing with feet should width apart, knees slight bent.
 - Crumple wrapping paper into a little ball.
 - With the ball in your right hand toss it into the waste basket – Straightening arm high above head.
 - Repeat with left arm
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Day 12. Santa's Sleigh (30 seconds)

- Lying flat on your stomach, elbows bent, and hands under shoulders.
 - Keeping body solid and flat push body up off the floor – weight on forearms and toes.
 - Hold for 10 – 30 seconds.
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