

THE WORKOUT CHALLENGE

Every day a different TEAM will lead the Workout Challenge  
GET READY FOR YOUR TURN

# 10 Minute Super Kid Workout!

1:00 jumping jacks

:30 side lunges

:30 squats

1:00 jog in place

:30 burpees

:30 lunges

1:00 jump in place

:30 mountain  
climbers

~~1:00 jump rope~~

:30 speed skaters

1:00 butt kickers

:30 lunge kicks

:30 squats

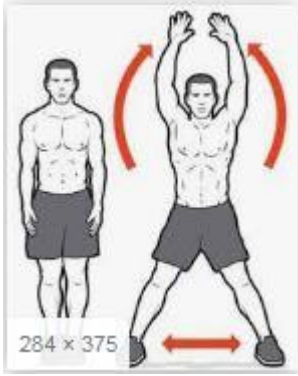
1:00 march in  
place

:30 side lunges

:30 push-ups

**u-improved.com**

jumping jacks



side lunges



squats



jog in place



burpees

How to do Burpees



625 x 312  
<https://www.youtube.com/watch?v=dZgVxmf6jkA>

lunges



jump in place



mountain climbers



speed skaters



<https://www.refinery29.com/en-us/speed-skater-exercise>

butt kickers



lunge kicks



push ups

