

Below is a step-by-step workout routine designed by Ms. Maddie our APE intern. She also made a video to follow along and perform these fitness stations.

Follow the link below to exercise alongside Ms. Maddie.

<https://www.youtube.com/watch?v=o4vHc4F1rzI>

Step-Ups: if you have a set of stairs or sturdy box to safely step on, these are a great way to strengthen leg muscles. Be sure to step up onto a platform that is tall enough to be challenging, but short enough for safety. Step up 10 x using the same leg before switching to the other!



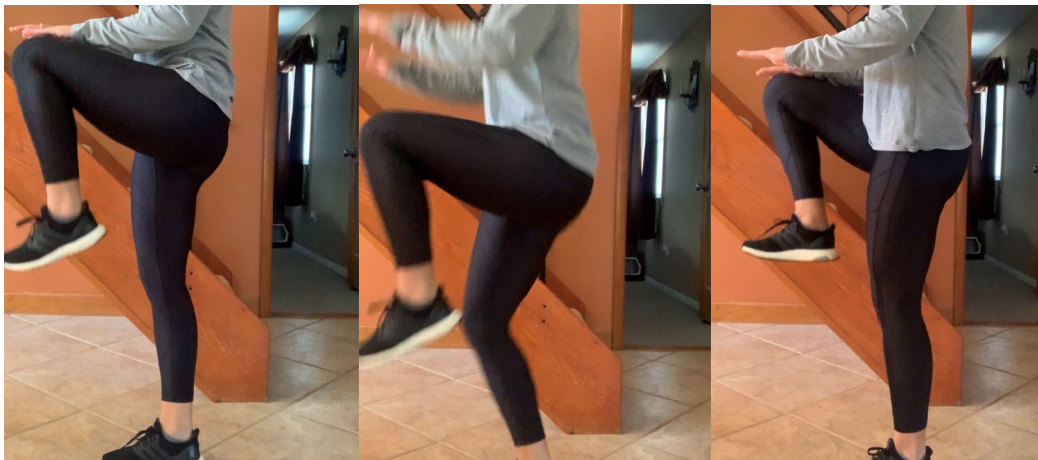
Inch Worms: Start by standing with your arms by your sides, hinge forward at the hip joint to touch your toes (try to keep your knees straight, with a slight bend to stretch the back of the legs), walk your hands out to a high plank, then walk your feet up to your hands, stand up and repeat.



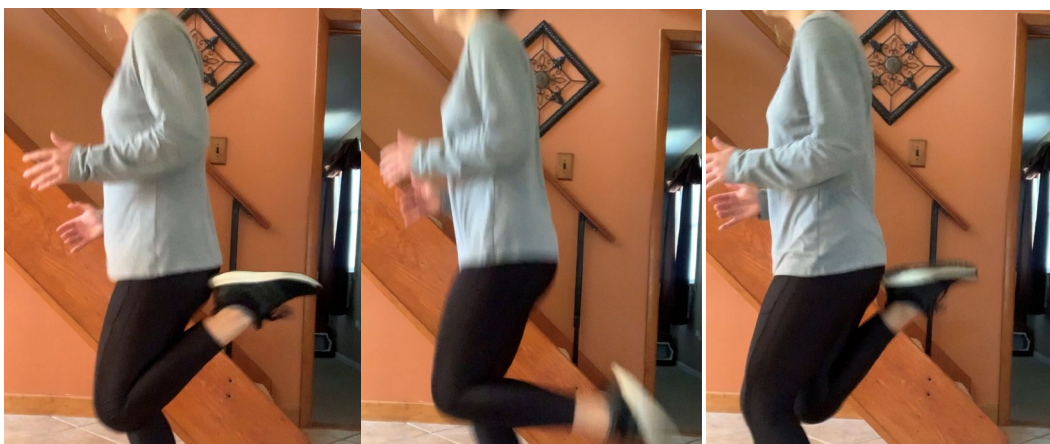
Toe Taps: Again, these are a great idea to work your leg muscles and get your heart pumping - if you have a set of stairs or a sturdy box. It is ideal to use a shorter box or a step lower than you did for the step-ups.



High Knees: These are just as easy as the name is! Hold your hands out in front of the navel and bring your knees to your hands! Adding a jumping motion is ideal, but a modified version of a standing march is also a great exercise!



Butt Kicks: This one is also super easy! Have your child practice kicking their butt with their feet!



Jump Squats: Bend down into a squat form, hold for 1-2 seconds, then explode into a big jump, landing back into a squat. When in the squat form, pretend your sitting back into a chair. To practice, you can sit back in an actual chair and explode upon standing up.



Balloon Taps: Practice hitting a balloon alternating between both hands. You can do this on your own or with a friend!



Exercises using Sliders:

Equipment needed: a "slider" - hand towel or a pair of socks, hardwood floor

Forward Lunges with Sliders: With the towel/sock on your leading foot, bend your front knee forward bringing your back knee close to the ground.



Reverse Lunges with Sliders: With the towel/sock on your back foot, bend your forward knee while sliding your back leg in the reverse direction.



Mountain Climbers with Sliders/Socks: Hold a high plank, and while wearing socks or using two hand towels, bring your knees to your elbows one at a time and switch.



Here's a list of additional exercises:

Have fun, be creative! If the exercises are getting too easy, grab a bag of flour or fill a backpack with books to add an extra challenge!

- Push-ups – Bring your hands to the floor and hold a high plank position lowering your body down to the ground by bending your elbows and coming back up.
- Burpees – Jump up reaching high to the sky then jump down to a high plank position on your hands and feet and repeat. To make this exercise harder, add a push-up!
- Star Jumps – Stand tall and explosively jump up to the sky spreading your arms and legs apart.
- Jumping Jacks – Start with your feet together and arms at your sides and jump both your legs and arms out sideways and back in.
- Frog Jumps – Get into a frog stance and practice your biggest frog hop up to the sky.
- Planks – Place your elbows on the floor and balance on your toes while singing your ABC's.
- Line Jumps – Put a piece of tape on the ground and jump forward and backward or side to side over the tape.
- Lunges - Step forward and/or backwards and bend your knee at a 90° angle. The goal is to bend your knees just enough before your opposite leg touches the floor.

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