

ACTIVE AT HOME

Ever Active Kids Burst #2 (25min)

Equipment: 1 piece of paper each, 1 ball each, 1 wall/garage door

Warm Up: Paper Run 'Round

EMPOWER: 30 Sec per exercise

Elbow to knee - Torso Twists

Mountain Climbers

Push-ups

One Legged Hops

Windshield Wipers

Elbow Plank

Rapid Punching Sumo Squat

Ball Pass: Underhand, Overhand, 1 Hand Bounce Pass, Roll Pass, Behind Roll Pass

Around The Clock: Start at 1 and bounce ball around to 12

Regular round, Squat round, alternating lunge round, hopping round

Clap & Catch Relay :

Run to ball, throw in air, clap, catch, run back 1-2-3-4-5-add spins, see how many claps you can get in!

Dribble The Ball: 2 feet, Bounce, Knees to hands

To the core:

Back to back twist pass

Crunch N Punch (squeeze ball between thighs)

V-Sit (squeeze ball between thighs)

High 5's All Around!

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!