

Home Fitness Resources

1. STUDENTS WITH TECHNOLOGY

Websites	
<p>YouTube</p> <p>Click on links in the next column for workouts</p> <p style="text-align: center;">Or</p> <p>Visit youtube and search home workouts kids</p>	<p>Moe Jones Workouts</p> <p>Kidz Bop 34 Minute Dance Along</p> <p>Kidz Bop 30 Minute Dance Along</p> <p>HIIT for Kids</p> <p>Yoga Videos</p> <p>Fitness Blender 25 minute workout</p>
<p>NFL Play 60</p>	<p>Click link for training videos</p>
<p>GoNoodle</p> <p>Click on the links in the next column for a wide variety of videos</p>	<p>NoodleTV</p> <p>KidzBop</p> <p>Zumba</p>

Fitness Apps	<p>Ask Parents for permission to download</p>
<p>Go Noodle</p>	<p>Android and Apple, free version</p>
<p>Nike Training Club</p>	<p>Android and Apple, free version</p>
<p>Yoga For Kids Daily Fitness</p>	<p>Android and Apple, free version</p>

Video Games/DVD	<p>Use what you have...NOT asking you to buy these</p>
<p>Wii</p>	<p>Wii fit, any sports games, any dance games</p>
<p>Xbox 360</p>	<p>Any sports/activity games, any dance games</p>
<p>Playstation Move</p>	<p>Any sports/activity games, any dance games</p>
<p>Any Dance Dvds</p>	<p>Zumba, hip-hop, latin dance, etc</p>
<p>Any Workout Dvd</p>	<p>Cross fit, beach body, Shaun T, etc</p>

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2. STUDENTS WITHOUT TECHNOLOGY

Cardio Exercise	
Home fitness equipment (treadmill, stationary bike, elliptical, etc.)	<p>Make sure you have Parent/Guardian permission before completing most of these exercises. This is for your safety! Have your parents show you how to use fitness equipment if you have these at home. Don't jog/walk/bike ride/hike without supervision from an adult.</p>
Jog/walk	
Bike ride	
Hiking	
Housework	
Jump rope	
Jog in place	

Strength Exercises	
curl ups	squats
planks	lunges
push ups	jumping jacks
shoulder taps	mountain climbers
reverse push ups	burpees

Flexibility	
butterflies	<p>Hold each stretch for a minimum 20 seconds up to one minute.</p>
sit and reach stretch	
pretzels	
power rangers	
toe touches	
flamingos	