

Warrior Kids Workout Generator

Please use this guide to mix and match the different exercises into whatever combinations you prefer. Remember, we want to disguise this as PLAYING as much as possible! Feel free to modify or add whatever you think would make things more creative, challenging or a competition!

Tips:

- Vary up WHERE you do these exercises if you can. At a park, in the backyard, in their rooms, in the living or family room, in the garage, in a long hallway if you have one; all of those will work
- ALWAYS make it a contest of time, repetition or against yourself or a sibling. Everyone runs faster or tries harder when results are measured
- Get a little notebook and write down the results of every workout, so you can track progress
- Use 30 second or 1 min intervals, set # of repetitions per exercise or # of rounds to mix things up
- When it starts to get hard - MAKE THEM LAUGH☺

1. Stretching Routine

- Warm up with jumping jacks
- Butterfly stretch/grab toes/pull in tightly/count to 10
- Right leg forward/toes up/reach/count to 10/switch legs
- Both legs forward/toes up/reach/count to 10
- Splits/toes up/lean to center/count to 10
- Splits/toes up/reach to the right/count to 10/switch sides/then back to middle
- Frog stretch/on forearms and knees/sit back into stretch
- Criss-cross stretch/right over left/hug knee, pull into chest/switch sides

2. Exercise List and Workout Ideas

Exercises	Animal Workout	Strength Workout	Speed Workout	Cardio Workout	Upper Body	Lower Body	Gassers	Obstacle Course*
Pushups		X			X		X	
Slow-motion pushups		X			X		X	
Push up hold		X			X		X	
Zombie sit ups		X			X		X	
Inverted Toe Touches		X			X		X	
Superman sit ups		X			X		X	
Warrior Lunge		X				X	X	
Squats		X				X	X	
Bend and thrust				X		X	X	
Jumping jacks				X			X	
Burpees				X			X	
Mountain climbers				X			X	
Broad jumps				X			X	
Star jumps				X			X	
Barrier jumps			X	X			X	
Frog hops	X		X	X			X	
Sprints/Sprinting in place			X				X	
Alligator crawls	X						X	
Duck Walks	X						X	
Crab Crawls	X						X	
Bear crawls	X						X	
Forward roll							X	
Low crawl							X	

*Select exercises, create stations around the house, then have kids run through the course, performing exercises at each station