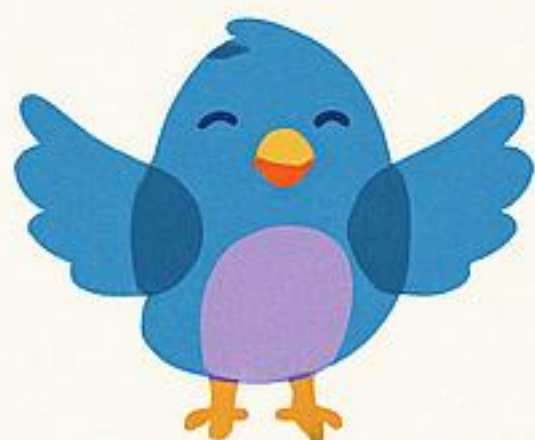




**Kids
Fitness
Gear**

MODERATE PLAN



JUMPING JACKS
x 20



PLANK
20 SECONDS



LUNGES
x 12 (EACH SIDE)



GLUTE BRIDGE
x 15



**BICYCLE
CRUNCHES**
x 15 (EACH SIDE)

Complete 3 days a week

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