



Backyard Workout

No rules, no reps, no sets ... just have fun!

High Knee Skip

Skip around lifting your knees as high as you can.

Jumping Jacks

Lift your arms as high as you can and then jump as high as you can.

Cross March

March around as you raise a knee, touching your knee with opposite hand.

Back up the Bus

Shuffle backwards around in a circle as you make beeping sounds.

Electric Slide

Walk sideways taking as wide of a sidestep as you can.

