

# 30 Minute Workout

## 1. Mountain Climbers

Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!

## 2. Bear Crawls

Palms and feet flat on the floor, arch your back so that you look like a momma bear. Race your kids across the room. Add some fun by having a competition! Who can "roar" the loudest?

## 3. Star Jumps

Kids love these! Stand tall and then explosively jump into the air, expanding your legs and your arms so that you look like a large "X" in the air. At the height of the jump, be sure to exclaim, "I'm a STAR!"

## 4. Push Ups

Straightforward and to the point. Just be sure your hands are in line with your pectorals and your booty isn't arced in the air. If you want to make it harder, try for push-up claps, diamond push-ups, or "Y" wide push-ups. Drop to the knee if your form is compromised.

## 5. Sit Ups

Another classic. Feel free to tuck your toes under the sofa or coffee table if you need a bit of support, or, ask your kids to hold your feet and vice versa.

## 6. Burpees

Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.

## 7. Squats

Kids are naturally born squatters. See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet shoulder's width apart, and do deep knee bends. Make sure keep your knees behind your toes and your arms out straight.

## 8. Leg Raises

Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.

## 9. Lunges

Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes. To make it harder, carry (small) children in each arm and lunge as you walk across the room.

## 10. Planks

Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest. 30 seconds is considered the gold standard. For fun, ask your smallest child to sit on your back and see how long you last.

## 11. Jumping Jacks

With many variations to the classics, this one can go on and on. From standard to reverse, this one will keep your heart rate up.

## 12. Butterfly Kicks

Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.

**\*\*Aim for 40 seconds of work, followed by 10 seconds of rest. Alternate through the activities above and aim for a 30-minute workout.\*\***