

RECESS!

waco parks and recreation

FITNESS FOR KIDS

A youth fitness challenge for ages 5-13 designed to keep kids moving through traditional exercises



(5 MINUTES OF STRETCHING)

10 Jumping Jacks

10 Squats and Punches

10 Push-Ups

10 Running-In-Place Countdowns

10 Sit-Ups

(REST 30 SECONDS)

10 Jumping Jacks

10 Squats and Punches

10 Push-Ups

10 Running-In-Place Countdowns

10 Sit-Ups

