

## 3<sup>RD</sup> - 5<sup>TH</sup> GRADE

# FITNESS ROUTINES AND ACTIVITY SUGGESTIONS

Here is a list of activities for you to choose from this week. We recommend you do at least one a day, and also check out the Health Tips Calendar and Healthy Hawks Brain Break Routine.

1.	<p style="text-align: center;"><b>KIDS WORKOUT 1 FOR BEGINNERS</b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=L_A_HjHZxfI">https://www.youtube.com/watch?v=L_A_HjHZxfI</a></p>
2.	<p style="text-align: center;"><b>SUPERGIRL KIDS WORKOUT</b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=TGex6z_t4Mk">https://www.youtube.com/watch?v=TGex6z_t4Mk</a></p>
3.	<p style="text-align: center;"><b>NEILA REY SUPERMAN WORKOUT</b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=TGex6z_t4Mk">https://www.youtube.com/watch?v=TGex6z_t4Mk</a></p>
4.	<p style="text-align: center;"><b>TABATA</b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=nKVV2hKxbzA&amp;list=PLQd6VB9cBNqinTfw9eUINhDLqPFLU0Kpf&amp;index=2">https://www.youtube.com/watch?v=nKVV2hKxbzA&amp;list=PLQd6VB9cBNqinTfw9eUINhDLqPFLU0Kpf&amp;index=2</a></p>
5.	<p style="text-align: center;"><b>TOWEL FITNESS</b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=z5OGaVx_ALQ">https://www.youtube.com/watch?v=z5OGaVx_ALQ</a></p>
6.	<p style="text-align: center;"><b>10 MINUTE KIDS CARDIO WORKOUT</b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=kAXg3cM0UCw&amp;t=29s">https://www.youtube.com/watch?v=kAXg3cM0UCw&amp;t=29s</a></p>