

<p>Cosmic Kids Yoga (<i>All videos approx. 30 minutes</i>) Pick one to start or end your day!</p>	<p>Dance Breaks (<i>All videos approx. 5 minutes</i>) Add one before or after lunch!</p>
<p><u>Trolls</u></p>	<p><u>Avengers Workout</u></p>
<p><u>Frozen</u></p>	<p><u>Ghostbusters Just Dance</u></p>
<p><u>Pokemon</u></p>	<p><u>Kidz Bop Dance: Best Day of My Life</u></p>
<p><u>Harry Potter</u></p>	<p><u>Kidz Bop Dance: Fight Song</u></p>
<p><u>Moana</u></p>	<p><u>Kidz Bop Dance: Kidz Bop Shuffle</u></p>

Home Workout	
Warm Up:	Complete Two Times: <ul style="list-style-type: none"> • 15 Jumping Jacks • 20 Fast Feet In Place • 15 Arm Circles
Round 1: K-2: Complete Two Times 3-5 Complete Three Times	<ul style="list-style-type: none"> • 5 Push Ups • 5 Curl Ups • 20 Pretend Jump Ropes
Round 2: K-2: Complete Two Times 3-5 Complete Three Times	<ul style="list-style-type: none"> • Hold a plank for 15 seconds • Hold a wall sit for 20 seconds • Bear Crawl around the house for 30 seconds
Bonus Round!! K-2: Complete Two Times 3-5 Complete Three Times	<ul style="list-style-type: none"> • 10 Squats • 10 Mountain Climbers • 10 Single Leg Line Jumps RIGHT foot • 10 Single Leg Line Jumps LEFT foot
Cool Down:	<ul style="list-style-type: none"> • Butterfly Stretch 20 seconds • Seated Reach for toes stretch 20 seconds • Upper arm stretch 20 seconds both arms

Exercise Explanations:

PUSH UP = ON HANDS AND TOES. KEEP YOUR BACK FLAT, LOWER TO THE GROUND BY BENDING YOUR ELBOWS. TRY NOT TO LET YOUR BELLY OR LEGS TOUCH THE GROUND. PUSH BACK UP SO ARMS ARE STRAIGHT.

CURL UP = NOT A SIT UP. LAY ON BACK, KNEES BENT, FEET FLAT, ARMS BY YOUR SIDE, AND LIFT SHOULDERS AND UPPER BACK OFF THE GROUND AND SLIDE HANDS 2 INCHES FORWARD PAUSE, AND THEN RETURN BACK TO THE START POSITION

WALL SIT = BACK UP AGAINST A FLAT WALL, STEP FEET OUTSLIGHTLY, BEND KNEES 90 DEGREES AND HOLD THE SEATED POSITION.

FAST FEET IN PLACE = RUNNING FAST IN PLACE PUMP THE ARMS

BEAR CRAWL = HANDS AND FEET ON THE GROUND, BELLY FACES THE FLOOR, AND HIPS UP. WALK AROUND THE ROOM YOU ARE CRAWLING WITHOUT YOUR KNEES TOUCHING THE GROUND

MOUNTAIN CLIMBERS = IN A PLANK POSITION ON PALMS AND TOES, JOG YOUR KNEES IN TOWARDS YOUR CHEST

SINGLE LEG LINE JUMPS = PRETEND THERE IS A LINE ON THE FLOOR, WORK ONE LEG AT A TIME, JUMP FORWARDS AND BACKWARDS OR SIDE TO SIDE LANDING ON THE SAME FOOT 10X, THEN SWITCH FEET.

SQUATS = FEET HIP DISTANCE APART, SIT BACK INTO YOUR HEELS, PUSH YOUR BOTTOM BACK LIKE YOU ARE SITTING IN A CHAIR, STAND BACK UP.

JUMP ROPE / PRETEND JUMP ROPE = IF YOU HAVE JUMP ROPES MAKE SURE YOU HAVE ENOUGH ROOM, OR PRETEND YOU ARE SWINGING THE ROPE AND JUMPING QUICKLY OVER THE ROPE

BUTTERFLY STRETCH: SIT ON YOUR BOTTOM, HAVE YOUR FEET TOUCH IN THE MIDDLE AND KNEES ARE OUT TO THE SIDE LIKE BUTTERFLY WINGS.

SEATED REACH FOR TOES STRETCH: SIT ON YOUR BOTTOM WITH LEGS OUT STRAIGHT, TOES FLEXED. WITHOUT BENDING YOUR LEGS LEAN FORWARD AND REACH FOR YOUR TOES WITH YOUR HANDS. GET AS CLOSE TO YOUR TOES AS YOU CAN.

UPPER ARM STRETCH: SEATED OR STANDING. CROSS ONE ARM ACROSS YOUR BODY AND HUG IT IN WITH THE OTHER ARM. HOLD THE STRETCH FOR 20 SECONDS AND THEN SWITCH ARMS.