Fit4Kids

CHALK YOUR WALK!

try that

star jumps

run

start

try this

zig zag

jump over

hop

finish

JUMP!

or make your own!

10 sky punches

9 arm circles

8 arm circles

spin 3 times

3 jumping jacks

pick

2 star jumps

9 arm circles

8 arm circles

for more ideas, follow us on social media @gr_fit4kids
or visit us at www.grfit4kids.org