

# Easy At-Home Exercises for the Whole Family!

## Exercise Bank!

**Pick a few exercises or add your own!**  
**Try to do as many rounds as you can.**  
**Choose the amount of time to move.**

Sit-ups	Lunges	Bear crawl	Tricep dips with chair
Push-ups	Wall-sits	High knees	Glute bridge
Planks	Calf raises	Jump lunges	Jumping jacks
Speed skater	Squats	Star jumps	Inchworm
Bicycles	Burpees	Mountain climber	Superman

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Low-Impact Exercise</b> <ul style="list-style-type: none"> <li>• Good for if you are in a small apartment and have neighbors</li> <li>• Little to no noise</li> </ul>	2 push-ups 4 inchworms 6 lunges 8 squats	3 superman 6 glute bridges 9 sit-ups 12 lunges	4 push-ups 8 calf raises 12 bicycles 16-second wall-sit	5 sit-ups 10 squats 15 glute bridges 20-second plank	6 glute bridges 12 calf raises 18 squats 24 bicycles	7 inchworms 14 lunges 21 superman 28-second wall-sit	8 push-ups 16 squats 24 sit-ups 32-second plank
<b>Moderate Exercise</b> <ul style="list-style-type: none"> <li>• Good if you have a bit more space to move around and are not worried about making noise</li> </ul>	2 push-ups 4 burpees 6 speed skater 8 tricep dips with chair	3 star jumps 6 squats 9 mountain climbers 12 lunges	4 bear crawl 8 sit-ups 12 bicycles 16-second wall-sit	5 burpees 10 glute bridges 15 mountain climbers 20-second plank	6 star jumps 12 squats 18 bicycles 24-second wall-sit	7 speed skater 14 sit-ups 21 glute bridges 28 bicycles	8 superman 16 mountain climbers 24 sit-ups 32-second plank
<b>Active Exercise</b> <ul style="list-style-type: none"> <li>• Good if you have plenty of room to jump and move</li> <li>• Lots of heart-racing exercises</li> </ul>	2 burpees 4 jump lunges 6 tricep dips with chair 8 speed skater	3 star jumps 6 inchworm 9 high knees 12 squats	4 sit-ups 8 speed skater 12 lunges 16 jumping jacks	5 tricep dips with chair 10 mountain climbers 15 high knees 20-second plank	6 star jumps 12 bear crawl 18 jumping jacks 24 mountain climbers	7 burpees 14 superman 21 squats 28-second wall-sit	8 tricep dips with chair 16 speed skater 24 mountain climbers 32-second plank

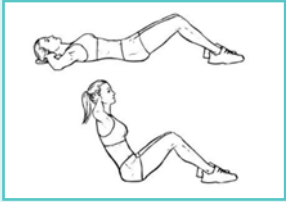


**Tips:** Start with 5 minutes and do as many rounds as you can. Increase by 5 minutes each day. By the end of the week, you should be able to complete a 35 minute workout!

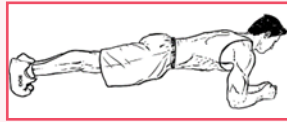
Children should aim for 1 hour of exercise each day. Try to add to these at-home exercises with chores, walking outside and errands.

**Exercise Card Game:** Cut out the cards below. Choose 1 to 4 players. Draw or choose cards to do the exercise. You can draw one card and do the exercise together or each player can draw different cards. Do as many rounds as you like.

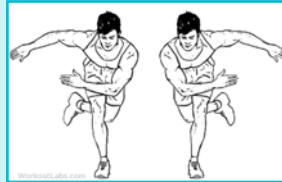
**Sit-ups**



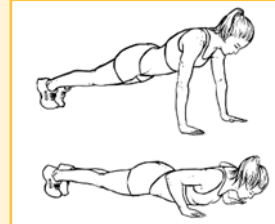
**Plank**



**Speed Skaters**



**Push-ups**



**Bicycles**



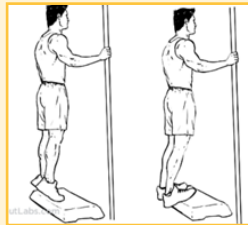
**Lunges**



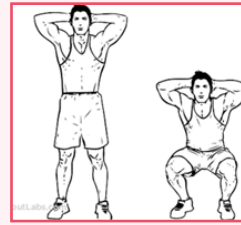
**Wall Sit**



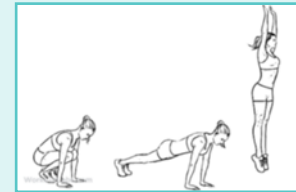
**Calf Raises**



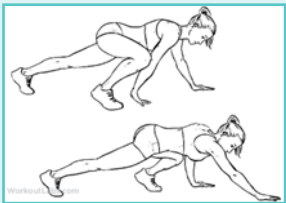
**Squats**



**Burpees**



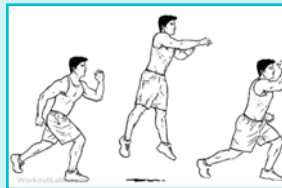
**Bear Crawl**



**High Knees**



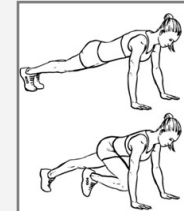
**Jump Lunges**



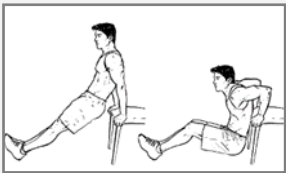
**Star Jumps**



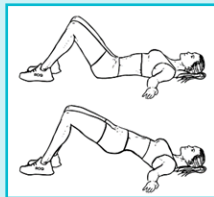
**Mountain Climbers**



**Tricep Dips w/ Chairs**



**Glute Bridge**



**Jumping Jacks**



**Inchworm**



**Superman**

