



Sample Boston Children's fit kit Circuit

Perform each exercise for 45 seconds. Rest for 15 seconds between exercises. Repeat the entire fit kit Circuit at least five times to achieve the goal of 20-30 minutes of vigorous-intensity exercise.

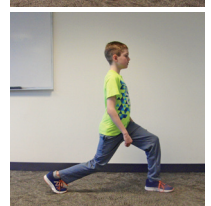
High knees

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Bend your elbows and raise your forearms out in front to make a 90-degree angle, or "L". Face the palms of your hands down.
3. Jog in place and lift one knee at a time, high enough to hit your palms.
4. Switch to the opposite knee.
5. Repeat, alternating knees, for the duration of the timed interval.



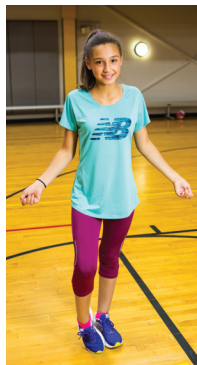
Front lunges

1. Start in a standing position. Place feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Take a big step forward with one leg and plant the toes of your back foot on the floor.
3. Lower your hips straight down until both knees bend 90-degrees. Do not let your front knee go out past your toes.
4. Push off the heel of your front foot to lift your body back to standing.
5. Switch to the opposite leg.
6. Repeat, alternating legs, for the duration of the timed interval.



Invisible jump rope

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Bend your elbows and pretend to hold an invisible jump rope.
3. Jump, feet together or alternating feet, over the invisible rope while moving arms in a circular motion.
4. Repeat for the duration of the timed interval.



Push-ups

1. Start in a high plank position. Place your hands directly underneath your shoulders with your toes on the floor. Keep a straight line from your head to your toes.
2. Bend your elbows to lower your body until your nose is inches from the floor. Keep elbows close to your sides.
3. Push off the floor with your hands to return your body to a high plank.
4. Repeat for the duration of the timed interval.



Hopscotch

1. Start in a standing position. Place your feet shoulder-width apart, knees slightly bent, and arms at your sides.
2. Jump up in the air and bring your feet out wide.
3. Land with both feet wider than shoulder-width apart (double foot landing).
4. Jump up again and bring your feet toward the center.
5. Land on one foot with the other leg bent behind you (single foot landing).
6. Switch the leg behind for the next hopscotch.
7. Repeat, alternating landings, for the duration of the timed interval.



Bicycles

1. Start in a lying (face up) position. Lie on the floor face up with your feet flat on the floor, knees bent, and hands behind your head.
2. Lift one knee towards your chest while straightening out your other leg. Lift chest up until your shoulder blades are off the floor.
3. Twist your torso to bring your opposite elbow towards your bent knee.
4. Switch to the opposite side.
5. Repeat, alternating sides, for the duration of the timed interval.

