EVERYDAY:
Wake Up, Plank Up!
Warm up your body with a plank pose for 10 seconds or more.

Monday:
Jumpstart your Week with a 5 minute Brain Gym video and 5 minute interval training (2 reps of each).
1. Jumping jacks (x30)
2. Run in place (30 secs)
3. High knees (30 secs)
4. Knee to opposite elbow (30 secs)
5. Side crunch (30 secs)

Tuesday:
Upper Body - 2 reps of 8 or 10 (modifications available)
1. Pushups
2. Dips
3. Speed Bag
4. Bicep curls
5. Tricep curls

Wednesday:
Yoga
Take a few minutes to breathe and be present. Kid-friendly yoga videos will be posted online and sent out in the e-blast.

Thursday:
Lower Body - 2 reps of 8 or 10 (modifications available)
1. Front Kicks
2. Side Kicks
3. Squats
4. Lunges
5. Wall Sits
*If lower body workout is not possible, please substitute with the upper body workout

Friday:
Achilles Kids Dance Party
1. Dance Fever! Get your heart pumping!
2. Kids who complete all the daily workouts can request songs for the following Friday!

Saturday:
Around the World with Angie and Janet
Workout videos posted every other week.

*Check out our online how-to workout videos!
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