EVERYDAY:
Wake Up and Fly!
Strengthen your core and back with superhero pose (30 seconds)

Monday:
Jumpstart your Week with this full body workout.
Do 2 circuits (which means go through the entire workout 2 times).
1. Jumping jacks (x30)
2. Burpees (x5)
3. Walk Outs (x10)
4. Glute Bridge (x10)
5. Mountain Climbers (x10 on each side - 20 total)

Tuesday:
Upper Body - 2 circuits
1. Standing Overhead Press (x10)
2. One Arm Row (x10)
3. Single Arm Tricep Extension (x10)
4. Bench Press on the Ground (x10)
5. Plank Shoulder Taps (x10 on each side - 20 total)

Wednesday:
Yoga
Take a few minutes to breathe and be present. Kid-friendly yoga videos are available on our www.achillesinternational.org/achilles-kids-challenge

Thursday:
Lower Body - 2 circuits
1. Donkey Kicks (x10 on each side - 20 total)
2. Frog Jumps (x12)
3. Side Lunges (x10 on each side - 20 total)
4. Chair Pose (20 seconds)
5. Plank Leg Raises (x10 on each side - 20 total)
*If lower body workout is not possible, please substitute with the upper body workout

Friday:
Achilles Kids Dance Party 5pm ET

Saturday:
Live workouts with Coach Angie and Janet twice a month

*Check out our online how-to workout videos!
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(which means go through the entire workout 2 times).
1. Jumping jacks (x30)
2. Burpees (x5)
3. Walk Outs (x10)
4. Glute Bridge (x10)
5. Mountain Climbers (x10 on each side - 20 total)

Tuesday:
Upper Body
(2 reps of each, modifications available).
1. Standing Overhead Press (x10)
2. One Arm Row (x10)
3. Single Arm Tricep Extension (x10)
4. Bench Press on the Ground (x10)
5. Plank Shoulder Taps (x10 on each side - 20 total)

Wednesday:
Yoga
Take a few minutes to breathe and be present. Kid-friendly yoga videos are available on our website:
www.achillesinternational.org/achilles-kids-challenge

Thursday:
Lower Body - 2 Circuits
1. From Jumps (x10)
2. Side Lunges (x10 on each side - 20 total)
3. Chair Pose (20 seconds)
4. Donkey Kicks (x10 on each side - 20 total)
5. Plank Leg Raises (x10 on each side - 20 total)
*If lower body workout is not possible, please substitute with the upper body workout

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#AchillesStrong #AlwaysConquering #GoTeamAchillesKids