

20 Minute Home Workout

To do with kids

Round 1

5 Exercises
40 seconds work
20 seconds Rest

- 1. Mountain Climbers**
- 2. Squat with Front Kick**
- 3. Plank Up Downs**
- 4. Jump Rope**
- 5. Quick Feet with Downs**

Round 2

5 Exercises
40 seconds work
20 seconds Rest

- 1. Squat Jack with Punch Twist**
- 2. One Foot Hops**
- 3. Frog Planks**
- 4. Skier Jumps**
- 5. Burpees**



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