

Kidz Fit

Exercise Movements

PULSE RAISERS

STAR JUMPS



CRISS CROSSES



TWISTS



MUSCLE SQUATS



OUTWARD PUNCHES



KICK BACKS



KNEES TO ARMS



SPORTS MOVEMENTS



KNEES TO ELBOWS



SPRINTING ON THE SPOT



STRETCHES

SIDE STRETCH



LEG STRETCH



TOUCH THE FLOOR



BE TALL



SHOULDER STRETCH



ROLLER ARMS



TRICEP STRETCH



LUNGE



HEAD ROLL



TORSO STRETCH

