

ONE ASTERISK KIDS FITNESS					
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WARM UP	Bupee Shuttle Run Time: 1:00	3 Rounds Air Squat. Side Hops Burpees. Toe Touches	10 Alt. Toe Touches 10 Air Squats. 10 Arm Circles Forward 10 Arm Circles Back 100' Run	2 Rounds 20 Jumping Jacks 20 Arm Circles 50' Skipping 50' Toy Soilder	Jog in place for :20 10 Frog Jumps 5 Burpees 5 Inch Worms Jog in place for :20
How To:	Lay on belly, jump up, run 20 feet down, lay on belly and run back. Repeat for 1:00	Perform :10 work of each movement	Perform each movement one time.	Toy Soilders: Straight leg walking kicks. Right Hand to Right Toe	Complete in order before starting workout.
WOD	<u>4 ROUNDS</u> 20 Jumping Jacks 6 Burpees 6 Broad Jumps 6 Lunges	<u>3:00 -5:00 AMRAP</u> (age dependant) 10 Squat Jumps 5 Donkey Kick Ups or (Handstand Kick Ups) 10 Sit Ups	<u>FOR TIME</u> 25' Bear Crawl 10-8-6-4-2 Stink bug push up Deadlift 25' Bear Crawl	<u>COMPLETE</u> 10-9-8-7-6-5-4-3-2-1 -Alternating Ground to Overhead -Up-Downs (Plank Burpees)	<u>BUILD AN OBSTACLE COURSE</u> 2 Forward Rolls Bear Crawl 25' 10 Presses "Barrel" Run 10 "Laser Beam" Front Squats
How To:	<u>Broad Jumps</u> : Two Feet Jump as far as you can, repeat.	<u>Squat Jumps</u> : Squat and jump high so your toes leave the ground. <u>Donkey Kick Ups</u> : Hands on the ground, keeping legs straight up trying to "click" heels together.	<u>Start</u> with Bear Crawl Then, perform 10 stink bug push ups 10 deadlifts, 8 push ups, 8 deadlifts, etc. <u>End</u> with Bear Crawl. <u>Stink Bug Push Ups</u> : Plank with pockets higher than shoulders. Head to ground, push up. <u>Deadlift</u> : Shoulders like an "angry Gorilla", flat back, pockets down. Stand with any object!	<u>Ground to Overhead (snatch)</u> : Find any object (light) to pull from the ground to overhead. Start in "angry Gorilla", object on floor, pull with one arm to overhead, then switch arms. <u>Up-Downs</u> : Jump feet back to plank and jump feet back to hands, stand tall and jump!	<u>Build an obstacle course!</u> BE CREATIVE! Need safe place to roll. Press any object from shoulders to overhead (reach for the sky). Build a "barrel run" by placing objects to run around in a zig zag pattern. "Laser beams" are thumbs on shoulders with elbows facing forward.

Keep your kids active while schools are closed. We suggest fitness prior to at-home school learning/teaching sessions. Keep your kids active and healthy during web-based schooling. -One Asterisk CrossFit Coaching Team