



# STAND UP & MOVE FAMILY CHALLENGE



CHILDREN'S  
AID FOUNDATION  
OF CANADA

## FAMILY WORKOUT CIRCUIT

### STRETCH

1. 10 jumping jacks
2. 15-30 seconds in plank position
3. Downward facing dog
4. Crab walk
5. Run for 30-seconds



6. Hop on one foot
7. Hop on the other foot
8. Run up and down stairs
9. Pull-ups or play on monkey bars
10. 10 jumping jacks



### STRETCH

