

Instructions:

Complete each workout for 3, 6, or 10 rounds with 1 minute rest between rounds. If you have a baby: kiss them or blow on their belly every rep. If you have a toddler, play peekaboo and use them as extra weight. If you have older kids, challenge them to race you each round! Don't forget to warm up beforehand, stretch afterward, and drink lots of water. Stay healthy and let's go!

MONDAY

1. **10 burpees** (kiss the baby / make funny faces between reps)
2. **10 air squats** (put child on shoulders for extra weight+laughs)
3. **10 jumping jacks**
4. **10 air punches** (pretend you're all superheroes fighting bad guys!).

TUESDAY

1. **10 lunges**
2. **10 second family race** up & down the street
3. **10 push ups** (start on your knees = easier; kids on back = harder)
4. **10 second family race** up & down the street
5. **10 squat jumps.**

WEDNESDAY

1. **10 side to side jumps**
2. **10 push ups** (start on your knees = easier; kids on back = harder)
3. **10 jumping jacks**
4. **10 air squats**
5. **10 high knees** (like running in place but try to bring your knees up to chest height).

THURSDAY

1. **10 second bear crawl** across the park
2. **10 second reverse bear crawl** (go backwards!)
3. **10 burpee broad jumps** across the park
4. **10 second "carry another human across the park"**
5. Run back to where you started and do **10 jumping jacks.**

FRIDAY

Friday Funday!

Let your kid choose 3 to 5 exercises or 10 reps each and let her or him be the *coach*, counting your reps and yelling at you to work harder!

This is super fun first thing in the morning or before dinner/bedtime!

SATURDAY

Play Tag for 15 minutes, and when someone gets tagged "it", it's 10 burpees!

OR

Alternative: go for a 2 mile (or 20 minute) jog on your favorite path with the jogging stroller! If you have older kids have them bring their bike or scooter and race you!

**SUNDAY IS FOR
RELAXING TOGETHER**



DEEPLIT'S COVID-19 HOME WORKOUT PLAN FOR THE WHOLE FAMILY! (TODDLER-PROOF & SANITY- RESTORING)

