

KidsRUN^{RVA}

FALL FIT CLUB ACTIVITY

Halloween HIIT

HIIT stands for High Intensity Interval Training. You will do each exercise for 30 seconds & take a 30 second break before you do the next exercise. Ages 8 & under, do 2 rounds. Ages 9 & up, do 3 rounds. Your break should be an active break - so not sitting or laying down!

Exercise 1: Bat Fly (Flap your arms like a bat)

Exercise 2: Pumpkin Squats (squat, grab imaginary pumpkin, lift over head)

Exercise 3: Frankensteins (straight leg kicks to front, arms held straight out front)

Exercise 4: Spider Crawl (like a Crab Walk)

Exercise 5: Ghost Fliers (like Supermans - lay on stomach, lift arms & legs up & down)

Got questions? Get answers by emailing us at:
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