

Ideas for your  
*healthy family*

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## Family workout

Do each exercise 10 times. Perform each round 2 times.

### Super strength

- Pushups**
- Squats**
- Plank**
- Lunges**
- Bench dips**
- Calf raises**

### Crazy cardio

- Jumping jacks**
- Mountain climbers**
- Squat jumps**
- Plank jacks**
- Jump rope**
- High knees**

