

NINJAZONE

QUAR-ICCULUM

Fully Functional, Do it Yourself, Stay at Home Fitness for your kiddos (and YOU!)

DAY 1

Warm Up:

- 30 Jumping Jacks
 - Sweet Dance moves for 30 seconds
 - 5 Tuck Jumps, 5 Sit Ups, 5 Push Ups (AS FAST AS YOU CAN)
 - *Do all of this **TWICE!***
-

Upside Down:

- Feet on the couch (NO SHOES!!!!) - Hands on the floor - Hold bottom above head for 10 seconds! (*Tap your shoulders with your hands for an extra challenge!*)
 - Practice your Cartwheel 10 times
 - *Hands go down to the side, kick your legs over*
-

Rolling:

- 10 Forward Rolls
 - 10 Side Rolls (*both ways!!*)
-

Core Strength:

- Hold a Plank for 30 seconds **TWICE!**
-

Cardio Strength:

- Run in place for 30 seconds
 - Run in place while spinning around in circles for 30 seconds (*be sure to go both directions!!*)
-

Upper Body:

- 10 Push Ups
 - Hold a Push Up shape and tap your belly 20 times!
-

Lower Body:

- 10 Squats
- 10 Squat Jumps

REMEMBER

Drink Lots of WATER! 🗨️ **Stretch before AND after!** 🗨️ **Listen to your PARENTS!** 🗨️ **Have FUN!**

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DAY 2

Warm Up:

- 30 Jumps as fast as you can!
 - Sit on the ground and use your arms to spin yourself around 10 times each way
 - Lay down and stand back up as many times as you can in 30 seconds!
 - *Do all of this **TWICE!***
-

Upside Down:

- Practice doing a handstand 10 times
 - Bear Crawl around your house
 - Walk your feet up the wall and hold a handstand for 20 seconds!
-

Rolling:

- 10 Ninja Rolls
 - 10 Backward Ninja Rolls
-

Core Strength:

- Hold a side plank on both sides for 30 seconds
 - 10 Sit Ups
-

Cardio Strength:

- 10 Jumping Jacks
 - 9 Sit Ups
 - 8 Tuck Jumps
 - 7 Forward Rolls
 - 6 Squats
 - 5 Push Ups
 - 4 Mountain Climbers
 - 3 Burpees
 - 2 HUGE Jumps
 - 1 High Five from someone at home
-

Upper Body:

- 3 Cartwheels in each direction
-

Lower Body:

- Duck Walk around your living room for 30 seconds

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DAY 3

Warm Up:

- Animal Walks
 - Bear Crawl
 - Crab Walk
 - Duck Walk
 - Snake Slither
 - What animals can YOU think of?
-

Upside Down:

- Sit on the couch, turn around and face the back of the couch, safely lay backwards and reach your hands to the floor - then use your belly muscles to pull your legs around and land your feet on the floor!
 - Feet on the couch (NO SHOES!!!!!!) - Hands on the ground - move your body from one side of the couch to the other by walking your hands and feet sideways!
-

Rolling:

- 10 Backward Rolls (make sure you get help from your parent!!)
 - 2 Forward Rolls, 2 Side Rolls, 2 Ninja Rolls
-

Core Strength:

- 20 Sit Ups
-

Cardio Strength:

- 5 Tuck Jumps, 5 Push Ups, 5 Sit Ups
 - 4 Tuck Jumps, 4 Push Ups, 4 Sit Ups
 - 3 Tuck Jumps, 3 Push Ups, 3 Sit Ups
 - 2 Tuck Jumps, 2 Push Ups, 2 Sit Ups
 - 1 Tuck Jump, 1 Push Up, 1 Sit Up
-

Kicks:

- 10 Front Kicks with each leg
-

Lower Body:

- 10 Box Jumps onto a couch or ottoman

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DAY 4

Warm Up:

- 5 Burpees, 5 Cartwheels, 5 Forward Rolls
 - Do this TWICE!
 - Jump from one pillow to another 20 times
 - Sweet Dance moves for 30 seconds!
 - Do all of this **TWICE!**
-

Upside Down:

- Walk your feet up the wall and hold a Handstand for 20 seconds
 - 5 Cartwheels
 - 5 Handstand
 - Do all of this **TWICE!**
-

Rolling:

- Roll forward, backward and sideways as many times as you can in one minute!
 - How many can YOU do???
-

Core Strength:

- 20 Mountain Climbers
 - Hold a plank for 30 seconds
-

Cardio Strength:

- 100 Jumping Jacks
-

Upper Body:

- 3 Push Ups
 - 3 Push Ups with hands close together
 - 3 Push Ups with hands wide
-

Lower Body:

- 10 Lunges with each leg
-

Vaulting:

- Practice doing a Safety Vault - once you get it down, do it 10 times!

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DAY 5

Warm Up:

- 10 Squats
 - 20 second plank hold
 - 5 Push Ups
 - 10 Jumping Jacks
 - Run in place - 15 seconds
 - Do all of this **TWICE!**
-

Upside Down:

- Feet on the couch (NO SHOES!!!!) - Hands on the floor - Hold bottom above head for 20 seconds! (Tap your shoulders with your hands for an extra challenge!)
 - Bear Crawl in a circle 5 times (make sure you go both directions!!)
-

Rolling:

- 5 Forward Rolls
 - 5 Side Rolls (both ways!!)
 - 5 Backward Rolls
-

Core Strength:

- 10 Sit Ups
 - 10 Tuck Jumps
 - 10 second plank hold
 - Do all of this **TWICE!**
-

Cardio Strength:

- Find a line and jump over it forward and backward 20 times, then jump side to side 20 times - Go as quickly as you can!
-

Upper Body:

- Crab Walk around the whole house
-

Lower Body:

- Jump up as high as you can 10 times
 - Lunge walk around the house
-

Balance:

- Balance on each leg for 20 seconds!

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DAY 6

Warm Up:

- Go up on your tiptoes 20 times
 - Lift your toes up 20 times while standing on your heels
 - Jog in place for 30 seconds
 - Bear Crawl backwards
 - Hold your arms straight out to the side and move them in small circles - be sure to go both directions!
 - Then make BIG circles!
-

Upside Down:

- Practice 10 Handstands
 - Practice 10 Cartwheels
 - Bear Crawl over a bench or an ottoman 5 times
-

Rolling:

- 10 Log Rolls in both directions
 - 5 Ninja Rolls
-

Core Strength:

- Lay down on your back and crunch into a cannonball shape 10 times
 - Side plank on each side for 20 seconds
 - Hold a push up shape for 30 seconds
 - Hop on each foot 15 times
-

Cardio Strength:

- 20 Burpees
 - 20 Jumping Jacks
 - 20 Cartwheels
-

Upper Body:

- Walk your feet up the wall and hold a Handstand for 30 seconds!
 - For an extra challenge, tap your shoulders with alternating hands 10 times!
-

Lower Body:

- 5 super slow Squat Jumps
-

Vaulting:

- Practice quickly and quietly vaulting over a bench or ottoman 10 times

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DAY 7

Warm Up:

- Sweet Dance moves for 30 seconds
 - Hold a plank for 30 seconds
 - Side planks on each side for 30 seconds
 - 10 Tuck Jumps
 - 10 Push-Ups
 - 10 Squats
-

Upside Down:

- Spiderman Handstand on the wall for 20 seconds
 - 5 Cartwheels in each direction
 - Practice your BEST Handstand 3 times
-

Rolling:

- 10 Side Rolls in each direction
 - 5 Ninja Rolls
-

Core Strength:

- 20 Mountain Climbers
 - 20 Sit Ups
 - *Do this **TWICE!***
-

Cardio Strength:

- 100 Jumps
-

Upper Body:

- Put your feet inside of an upside down frisbee or on a carpet slider
 - Use your arms to move yourself around the house wherever there is carpet!
-

Lower Body:

- 10 Lunges with each leg
-

Balance:

- Balance on one leg for 30 seconds while also balancing a bean bag or small toy on your head - *Make sure to try this with both legs!!*

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