

Super Fun Exercises For Kids

Spell your name workout fitness activity printable for kids. Your kids will get a workout without realizing it when you make fitness into a fun game.



- ☐ A: Jump up & down 10 times
- ☐ B: Spin around in a circle 5 times
- ☐ C: Hop on one foot 5 times
- ☐ D: Run to the nearest door and run back
- ☐ E: Walk like a bear for a count of 5
- ☐ F: Do 3 cartwheels
- ☐ G: Do 10 jumping jacks
- ☐ H: Hop like a frog 8 times
- ☐ I: Balance on your left foot for a count of 10
- ☐ J: Balance on your right foot for a count of 10
- ☐ K: March like a toy soldier for a count of 12
- ☐ L: Pretend to jump rope for a count of 20
- ☐ M: Do 3 somersaults
- ☐ N: Pick up a ball without using your hands
- ☐ O: Walk backwards 50 steps and skip back
- ☐ P: Walk sideways 20 steps and hop back
- ☐ Q: Crawl like a crab for a count of 10

- ☐ R: Walk like a bear for a count of 5
- ☐ S: Bend down and touch your toes 20 times
- ☐ T: Pretend to pedal a bike with your hands for a count of 17
- ☐ U: Roll a ball using only your head
- ☐ V: Flap your arms like a bird 25 times
- ☐ W: Pretend to ride a horse for a count of 15
- ☐ X: Try and touch the clouds for a count of 15
- ☐ Y: Walk on your knees for a count of 10
- ☐ Z: Do 10 push-ups

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