MORNING ANIMAL-THEMED WORKOUT

LIZARD CRAWL

KANGAROO JUMPS

MONKEY CLIMBS

HUMMINGBIRD FLIES

SNAKE CRAWL

HATCHING BUTTERFLIES

DONKEY KICKS

DOWNWARD FACING DOG

RAISING AN Extraordinary PERSON

Morning Workout Instructions

Set up your interval timer for 45 seconds of work and 15 seconds of rest for a total of 1 minute per move.

You and your kids should do as many of each move as possible during the 45 seconds (with the exception of the last move).

Your goal should be to break a sweat. That will be key in order to see optimum benefits from the workout.

1. Lizard Run

Start in a plank position.

You should have your hands (or forearms) on the floor, a straight back, and holding up your lower body with your toes.

You're going to "run" as fast as you can, like a little lizard by bringing your knees up, one at a time, to your arms. (Picture a mountain climber)

2. Kangaroo Jumps

Start by standing straight, legs slightly less than hip-width apart.

Then, bend your knees to about a 45-degree angle and then spring yourself up, jumping in place as high as you can. Land with your knees back at the 45-degree angle and repeat.

This looks similar to a jump squat, but you aren't going down as low. You can swing your arms out straight in front of you to help maintain your balance.

3. Monkey Climbs

Standing up straight again with legs slightly hip-width apart, bend your elbows so your hands are beside your shoulders.

Raise your right arm above your head while simultaneously raising your left knee to your hips. Then, alternate by lowering your arm and knee and lifting the left arm above your head while also lifting the right knee.

To get an idea of what this looks like, imagine the lizard runs only you're standing and adding in the arm movements, like a standing mountain climber.

4. Hummingbird Flies

Stand up straight, with feet together. Stretch your arms straight out on either side of you (like a cross).

Then you're going to move your arms in very small circles. This is like windmills but with small, tight circles like a hummingbird quickly moving their wings.

5. Snake Crawl

Prop yourself up on your forearms with your legs resting on the ground straight out behind you. You shouldn't be using your legs to support your body weight at all, they're your long snake tail.

Use your forearms to drag yourself forward like a modified army crawl.

6. Hatching Butterfly

Start off by sitting on your bottom with your knees up in front of you. Hug your knees into your chest and roll backward, curling up into a small ball. This is your cocoon.

Next, you're going to "hatch" out of your cocoon like a butterfly spreading your arms and legs out as far and wide as you can. Your arms and legs should be hovering a few inches off the ground, using your abdominal muscles to support yourself.

7. Donkey Kicks

This is the last high-intensity move in the workout. Start on your hands and knees and kick your leg out and up at a 90-degree angle. Alternate legs going as quickly as you can.

8. Downward Facing Dog

Time to cool down.

Start with your hands and knees on the floor. Then lift your knees off the floor, raising your buttocks high in the air, pushing your heels toward the ground and your palms flat on the ground.

You should be looking down so your head is completely inverted. Hold the pose for 45 seconds, or for the full minute, if you can.