



Cowboy Ted's Foundation for Kids

Fitness Program Moms & Dads Exercise Activity with Kids

Average Time for Circuit Workout 30-45 Minutes

- Perform 3 Sets of Each Exercise
- Perform 10 to 25 Repetitions for Each Activity
 - Workout 3 to 5 Times per Week

To add Definition & Toning to Muscles
Use Lighter Weights & Higher Repetitions

To add Bulk & Size to Muscles
Use Heavier Weight and Lower Repetitions

Recommended Weight for Fitness:

WOMEN

1 to 5 Pounds in Each Hand

MEN

3 to 8 Pounds in Each Hand

KIDS

0 to 1 Pound in Each Hand

***Remember the Surgeon General Recommends
60 minutes of Physical Activity for Kids EVERYDAY
30 minutes of Physical Activity for Adults 5 days per week***

Warm Up & Stretching

- **Warm-Up Routine**

- Stand up Straight with arms at your sides and reach arms into the sky above head and count to 8.
- Extend arms out to each side and clap hands in front of your body and behind your body 8 times.
- Bend over at waist - bend your knees slightly & touch your toes 8 times. *Don't bounce*
- Stand with your feet at shoulder width apart and hands above head and then slowly lean your body as far as you can to the right and then as far as you can to the left.
- Stand up straight and raise your right hand into the air as high as you can and then lift your left hand. Repeat 8-times.
- Sit on the ground and raise your knees into your chest and count to 8. *Count 1-cowboy,2-cowboy etc.*
- Jog in Place for 8 seconds *Count 1-cowboy,2-cowboy etc.*
- Jumping Jack for 8 seconds *Count 1-cowboy,2-cowboy etc.*

**Please encourage kids to have fun during exercise.
Please don't overemphasize technique or style.**



Activities & Muscle Groups

Upper Body/Arms

- Biceps Curls with Weights –
15 to 25 Reps - 3 sets/Day
- Triceps Extensions with Weights –
15 to 25 Reps
- Chest Flies/Towel Pulls – Weights or Towel -
15 Reps
- Jumping Jacks for shoulders and back
15 to 25 Reps – 3 sets per Day
- Front & Side Flies - With Weights
15 to 25 Reps 3 sets per Day
- Wrist Exercises - With Weights
15 to 25 Reps - 3 sets per Day
- Crunches - Sit Ups
15 to 25 Reps - 3 sets per Day
- Plank Abdominal Push-Up on Elbows &
Toes & Hold for 15 to 60 Seconds –
3 times per Day

Lower Body/Legs

- Quadricep Exercise - *Simulated Seat
Against Wall*
15 to 60 Seconds - 3 per Day
- Hamstring Exercise - *Bend Knee Toward
Buttocks*
15 to 25 Reps - 3 sets per Day
- Calf Exercise - *Toe Raises*
15 to 25 Reps - 3 times per Day (can hold weights)
- Ankles/ seated or standing
spell out the alphabet (lower case) with foot
- *Overall Leg Exercise - Upside-Down Bicycle*
15 to 25 Reps - 3 Sets per Day
- *Walk–Jog–Bicycle–Stair
Climber/Treadmill–Swimming* (30-60
minutes each day - 5 times per Week)

Biceps and Triceps

Bicep is the muscle on front of arm between shoulder and elbow
Tricep is the muscle on back of arm between elbow and shoulder



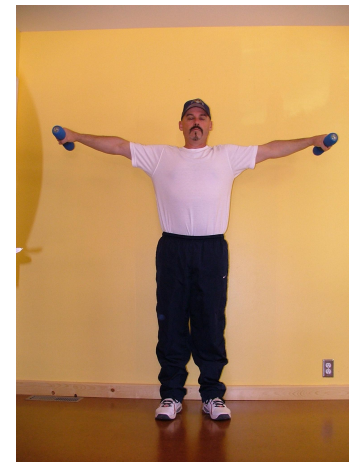
- **Biceps Exercise**
- With arms at sides with palms facing forward – lift your arm up & forward toward shoulder
- Lower arm back to your side slowly



- **Triceps Exercise**
- With your body slightly bent at the waist and arms at your sides with palms facing your body – slowly lift your arms back & upward as high as you can and hold for a second before returning your arms slowly to sides.

Chest Flies – Front & Side Flies

- **Chest Exercise**
 - Hold arms out to your sides level with shoulder
 - With palms facing forward – slowly move arms together in front of your body
 - Return arms slowly to your sides
- **Front & Side Flies**
 - Stand up straight with feet at shoulder width
 - Place arms at sides and palms toward hips and slowly lift upward & level with shoulder
 - Return arms slowly to your sides
 - Rotate arms/wrists with palms toward thighs
 - Slowly lift arms upward and outward toward ceiling until you reach shoulder level
 - Return Arms slowly down toward legs
 - Rotate arms & wrists with palms toward hips
 - Repeat motion alternating from side to front



Abdominal Muscle Exercise

Crunches & Plank



- **Plank Push-Up**
 - *Similar to standard push except you support your body above floor by using only your toes and elbows*
 - *Hold that position for 30 to 60 seconds*
 - Repeat 3 to 5 times per day
 - **Crunches**
 - Lay floor on your back with eyes toward ceiling
 - Fold your arms across your stomach/chest
 - Slowly raise upper body to sitting position
 - Slowly return without fully resting on floor
 - Repeat movement
- Optional Abdominal Muscle Exercise**
- Lay on floor on your back & extend legs
 - Keeping your back firmly against the floor
 - Raise both legs up toward ceiling and hold
 - Slowly return legs down without resting on floor

Wrist Exercises & Jumping Jacks

- **Wrist Exercise**

- Stand up straight with hands at sides-palms in
- Slowly roll hands inward & upward & return
- Slowly roll hands upward and outward
- Alternate movements outward and inward

Optional Wrist Exercise

- Drill a hole thru center of dowel or PVC pipe
- Connect rope or string to dowel or PVC pipe
- Connect other end of rope to dumb-bell or weight
- Hold Dowel & weight with both hands in front of body & arms level to shoulder with weight touching floor
- Slowly twist the dowel or PVC pipe away from you as you twist the rope and weight roll up toward wrist
- Slowly reverse the rolling motion with wrists going toward your body to return weight toward the floor
- Repeat movements to roll the weight up and down

Jumping Jacks

Stand up straight with your hands at your sides and feet at shoulder width

Move hands out & upward over head & legs out

Return hands to sides & feet to shoulder width



Leg Exercises

Hamstrings & Quadriceps



- **Hamstring Muscle**
- The Hamstring is the muscle on the back of your leg between buttocks and knee
- Stand up straight with feet at shoulder width
- Slowly bend your knee back toward buttocks
- Slowly Bend knee to return foot to floor

Optional Exercise Position

- Lay on the floor on stomach with legs extended
- Slowly bend your knee back toward buttocks
 - Slowly Bend knee to return foot to floor

- **Quadricep Muscle**
- The Quadricep is the muscle on the front of your leg between your hip and knee
- Stand against wall with hands on knees
- Make sure to keep your back firmly against wall
- Bend your knees and allow back to slide down wall
- Move to sitting position with back still against wall
- Sit in this position and hold it for 30 to 60 seconds

Calves & Ankles

- **Calf Muscle**

- Stand up straight with feet at shoulder width
- Lift your heels up off the floor and hold
- Return heels toward floor – but don't touch floor
- Repeat this movement with toe raises
- For additional range of motion– stand on curb or stair step

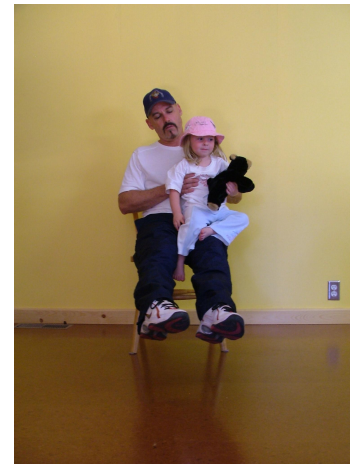


- **Ankle Exercises**

- Standing or seated with one leg extended
- Warm-Up muscles by moving toes up toward body - then return to original position
- Slowly spell out the Lower Case letters of alphabet using your foot & ankle elevated off of the floor.

Example

The letter (a) = Point toes out away from your body and move foot in a round circular motion and after completing the full circle – move toes back down toward floor to make the tail of the (a)



Overall Leg Exercise

Upside Down Bicycle



- **Upside Down Bicycle**
 - Lay on your back with eyes toward ceiling
 - Extend legs with hands flat on floor
 - Lift legs to position as if you are riding a bike
 - Slowly move legs in upside down rotation
 - Move knees toward body & feet up & out
- **Additional Physical Activity**
~ Outside or in Gym ~
 - Go for a Walk or Go Jogging
 - Rope the Indoor Roping Buddy
 - Ride a Bike
 - Play Tag
 - Go Roller Skating or Roller Blading
 - Create your own obstacle course
 - Play at the Park
 - Shoot some baskets or play catch
 - Walk to the park or store
 - Try and walk to complete errands that you normally perform by driving a car