



Scott's Training Systems

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Family Fitness

By Scott Keppel

It's summer time and you don't know what to do with your kids. You've already gone swimming, you can't do anything else outside, they are currently not in any type of camp and you want them doing something other than playing video games and/or watching TV. What can you do? You can GET FIT with your kids! Find 30-60 minutes 2-3 days a week and exercise with your children. This is a great way for you to burn a few extra calories while getting your kids off the couch. It doesn't have to be anything too crazy and you can do it in the comfort of your own home without spending a dime.

The following are just some of the exercises/activities that can be done to make it fun and productive for your entire family.



You can break the stations up and do 3-6 then go onto the next group, you can do each exercise one time through, if you have space you can make it into more of an obstacle course and run from one station to the next, bear crawl, crab walk, jump etc... I suggest doing each station for 20-40 seconds (this will depend on the fitness level of you family and I do suggest you consult with a physician prior).

You can take turns with timing the stations (think of it like Twister when one person is the spinner). Exercising with your family will also help with listening skills, allow you to spend time with your family and teach them that fitness can be fun and should be a part of their life. Over 1/3 of our children in the USA are either obese or overweight. Parents, let's do something about this!

1. Blast off burpees
2. Crazy or cool dance
3. Bicycle Kicks
4. Mt. Climbers
5. Push ups
6. Seal Jacks
7. Crunches
8. Toe touches
9. Plank holds
10. Arm circles
11. Jog in place
12. High knees in place
13. Windmills
14. Jumps
15. Leg raises

*For more suggestions on exercises and/or nutritional guidance please contact me directly at:
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