

ANIMAL EXERCISES FOR KIDS



Keep the kids moving, fit and having fun with these hilarious animal exercises! They'll love pretending to be one of their favorite animals!

How can these animal exercises be a great workout for kids?

Yes, hopping around like a bunny may not be a very long way to entertain kids. But remember there are ELEVEN animals here!

If you really want to give the kids a work out, given them some guidance. E.g. do all 11 animal exercises and repeat X times!

Or give them a distance goal. E.g. hop like a bunny from this end to the next. Or make five laps as a crab.

What if my kids' favorite animal isn't featured in these exercises?

Want to know something cool? Kids love making stuff up and usually it leads to good things.

If your kids love let's say, dolphins, challenge them to make up an exercise that mimics a dolphin's movement!

This builds [creative thinking](#) and makes exercise fun and games instead of hard work and sweat!

Here is a breakdown for how to do these 10 Animal Exercises for Kids.

CRAB EXERCISE

INSTRUCTIONS: Put your arms and legs on the floor and lift your core center up. Challenge yourself to walk using your arms and legs in this position.



FROG EXERCISE

INSTRUCTIONS: Bend your knees low to the ground with your two hands and palms flat to the floor. Jump, pushing off your palms.



GORILLA EXERCISE

INSTRUCTIONS: Make two fists, bend your knees and make broad low steps swinging your arms while fists are clenched.



DUCK EXERCISE

INSTRUCTIONS: Bend your knees and crouch down, it helps to pretend you have a balloon in the center, and waddle one leg at a time.



ELEPHANT EXERCISE

INSTRUCTIONS: Clasp your hands but keep your arms straight and down. bend your waist down and swing your arms back and forth low to the ground as if they were an elephant's trunk.



CAT EXERCISE

INSTRUCTIONS: Get on your hands and knees palms flat forward and exhale your torso slowly in and out. Note this is also called "Cat Cow" pose in yoga terms.



GIRAFFE EXERCISE

INSTRUCTIONS: Similar to Elephant exercise but opposite. Clasp your hands and lift your arms up forward and swing them back and forth as if they were a giraffe's neck.



BUNNY EXERCISE

INSTRUCTIONS: Bend your knees slightly but stay upright, bring your two hands up like a hook towards your chest and hop!



CROUCHING TIGER EXERCISE

INSTRUCTIONS: Get in push up position and then bend your knees back to get in crouch position and then back to push up mode.



STARFISH EXERCISE

INSTRUCTIONS: These are actually called Star Jacks and similar to jumping jacks. Squat then jump up with your arms and legs outstretched then back down to a squat and repeat.

