

# Fit Spot

## Air Shoulder Press



Ages 6+ Repetitions 4

Ages 9+ Repetitions 4

Ages 12+ Repetitions 4

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Airplane Deadlift



Ages 6+ Repetition 1

Ages 9+ Repetition 1

Ages 12+ Repetition 1

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Arm Circles



Ages 6+ Repetitions 4

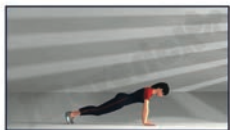
Ages 9+ Repetitions 4

Ages 12+ Repetitions 6

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Burpees



Ages 6+ Repetition 1

Ages 9+ Repetition 1

Ages 12+ Repetition 1

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Cross Crawl



Ages 6+ Repetitions 4

Ages 9+ Repetitions 4

Ages 12+ Repetitions 6

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Dog & Bird



Ages 6+ Repetition 1

Ages 9+ Repetitions 2

Ages 12+ Repetitions 2

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Forward Jacks



Ages 6+ Repetitions 4

Ages 9+ Repetitions 6

Ages 12+ Repetitions 6

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Good Morning



Ages 6+ Repetitions 2

Ages 9+ Repetitions 2

Ages 12+ Repetitions 3

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## High Knee Jogs



Ages 6+ Repetitions 4

Ages 9+ Repetitions 6

Ages 12+ Repetitions 6

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Jumping Jacks



Ages 6+ Repetitions 4

Ages 9+ Repetitions 6

Ages 12+ Repetitions 6

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Jumping Jills



Ages 6+ Repetitions 4

Ages 9+ Repetitions 6

Ages 12+ Repetitions 6

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Jumping Lunge



Ages 6+ Repetition 1

Ages 9+ Repetitions 2

Ages 12+ Repetitions 2

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Lat Raise



- Ages 6+ 2 Repetitions
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Leg Tucks



- Ages 6+ 2 Repetitions
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Lunge



- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Mountain Climber



- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 3 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Pendulum



- Ages 6+ 2 Repetitions
- Ages 9+ 3 Repetitions
- Ages 12+ 4 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Plank Twist



- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Side Leg Raise



- Ages 6+ 2 Repetitions
- Ages 9+ 2 Repetitions
- Ages 12+ 3 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Side Lunges



- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Sit & Get up



- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Slalom Jumps



- Ages 6+ 4 Repetitions
- Ages 9+ 6 Repetitions
- Ages 12+ 6 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Squat Jumps



- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Squat

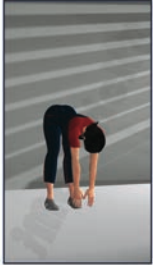


- Ages 6+ 1 Repetition
- Ages 9+ 2 Repetitions
- Ages 12+ 2 Repetitions

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Toe Touches



Ages 6+  
Repetitions 4

Ages 9+  
Repetitions 4

Ages 12+  
Repetitions 4

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Torso Twist



Ages 6+  
Repetitions 2

Ages 9+  
Repetitions 3

Ages 12+  
Repetitions 4

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Wall Push Up



Ages 6+  
Repetitions 2

Ages 9+  
Repetitions 3

Ages 12+  
Repetitions 4

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Wide Squat



Ages 6+  
Repetition 1

Ages 9+  
Repetitions 2

Ages 12+  
Repetitions 2

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Windmill



Ages 6+  
Repetition 1

Ages 9+  
Repetitions 2

Ages 12+  
Repetitions 3

**Maverick**  
www.maverickfitkids.net

# Fit Spot

## Wood chop



Ages 6+  
Repetitions 2

Ages 9+  
Repetitions 2

Ages 12+  
Repetitions 3

**Maverick**  
www.maverickfitkids.net