



Covenant Kids Run Beginner Exercise Routine



A fun exercise routine that's the same as running a mile!

Running or walking isn't the only way to complete your personal marathon miles. You can count play and exercise too!

BEGINNER ROUTINE
For children who can walk a mile in 14-15 minutes.

Every time you complete an exercise routine below, you can circle a mile marker in your Covenant Kids Run Mileage Log Book!

Designed by Youth Development Department, Fort Sanders Health and Fitness Center

Do one minute of each of these exercises...

- 1 Jumping jacks
 - 2 March in place
 - 3 Jump rope
 - 4 March in place
 - 5 Side-to-side jump rope
 - 6 March in place
 - 7 Chair squats
 - 8 March in place
 - 9 Push-ups
 - 10 March in place
 - 11 Mountain climbers
 - 12 March in place again
- FINISH** with one minute of running in place.

HOW?

Place the rope on the ground and with your feet side by side, jump from one side of the rope to the other.

HOW?

Sit on the edge of a chair. Then repeat standing up and sitting down.

TIP:

Easier push-ups are done with your knees on the ground.

HOW?

Get into a push-up position with your toes on the ground. Alternate bringing each knee to the chest while keeping your hands in the push up position.



CONGRATULATIONS!
You've just completed a marathon mile!