

.....Own Fitness Group.....

**Free Demo**

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## Fitness Chart for Kids

Own fitness group provides home fitness exercise chart for kids with day wise schedule and gives complete gym exercise routines with raps.



### Exercise Charts for Children

Now user can download Teen Aerobics Exercise Chart from **www.ownfitnesstrainer.com** to maintain your kids. Getting proper exercise is extremely important at all stages of a child's development. Own fitness group exercise charts are complete solution to ensure that your kids stay active and get the proper exercise day wise schedule. Fitness doctor make a perfect exercise routine combined with healthy eating. Our Homework Charts helps reduce your child overweight rapidly without serve any type of nutrition's.

### **Workout:-**

Own fitness group fitness expert's gives complete exercise routines with day wise day and helps Kids stay healthy.

When a child is new to start training, they should be introduced to basic home exercise movements that will get them into decent physical attractive shape and with a proper diet, own fitness group helps you to build muscle.

Exercises are clearly illustrated and show muscles worked along with easy-to-follow instructions for how to perform the exercise. Own fitness online complete children's Fitness Series includes posters showing exercises for:

**Chest / Arm / Shoulder**

**Back**

**Abdomen**

**Leg**

**Lower Body Stretches**

**Upper Body Stretches**

#### **General Warm-Up/Flexibility Routine (6-7 Days per Week)**

- **Touch Toes - 15 Reps (Touch toes quickly, come right back up and repeat)**
- **Lunges - 10 reps/leg**
- **Side Lunges - 10 reps each direction**
- **Butt Kicks - 25 yards**
- **High Knees - 25 yards**
- **Arm Circles - 20 reps**
- **Trunk Twists - 20 reps**
- **Side Bends - 20 reps**

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### **Note→**

If you want to download full version of fitness chart for kids from [www.ownfitnesstrainer.com](http://www.ownfitnesstrainer.com) to make perfect body with day wise day fitness tips.

Own fitness trainer provides proper exercise is essential in order for your child to stay healthy and to maintain the proper weight. Our exercise charts are a great way to track your child's exercise progress. **Own fitness trainer** provides valuable exercise for your kids.

.....**Own Fitness Group**.....