

# KidsRUN<sup>RVA</sup>

## FALL FIT CLUB ACTIVITY Boot Camp Stations

In honor of Veterans Day, we are going to workout like the soldiers. Complete all the exercises in each station & take a minute break before moving on to the next station!



### Army Station

45 Seconds High Knee March  
20 Push Ups  
30 Second Wall Sit  
20 Sit Ups



### Marine Corps Station

45 Seconds Mountain Climbers  
15 Dips  
20 Lunges  
30 Seconds Plank Jacks



### Navy Station

30 Jumping Jacks  
45 Seconds Swimming Arms  
15 Frog Jumps  
25 Crunches



### Air Force Station

10 Burpees  
15 Diamond Push Ups  
20 Squat Jumps  
30 Seconds Supermans

Got questions? Get answers by emailing  
[KidsRunRVA@sportsbackers.org](mailto:KidsRunRVA@sportsbackers.org)