



KidsRUN^{RVA}

ACTIVITY OF THE WEEK FALL FIT HIIT



H.I.I.T. stands for High Intensity Interval Training. Do each exercise at a high intensity level for 30 seconds then rest for 30 seconds before moving on to the next exercise.

Fast Feet - Try out this favorite football drill!

High Knees - Lift those knees up high to get through the leaves!

Scarecrow Jumps - Turn into a scarecrow then do jumping jacks

Defensive Shuffle - Try out your defensive moves!

Mountain Climbers - Climb the mountains to enjoy the fall foliage

Pumpkin Run - Run in place "holding" a pumpkin

Apple Pickers - Raise one arm & the opposite leg to reach those apples. Switch sides, repeat, and continue!

Touchdown Dance - You just scored a touchdown! Do your best victory dance!

**Got questions? Get answers by emailing
KidsRunRVA@sportsbackers.org**