



KidsRUN^{RVA}



ACTIVITY OF THE WEEK

Giving It 100%

Everyday Heroes, such as military personnel, nurses, police officers, teachers, and firefighters, give it all they've got to help others. In honor of our Everyday Heroes, let's give it all we've got with these muscle strengthening exercises.

Do 10 each of all 10 to reach 100!



10 Push Ups

10 Squats

10 Sit Ups

10 Inchworms

10 Russian Twists

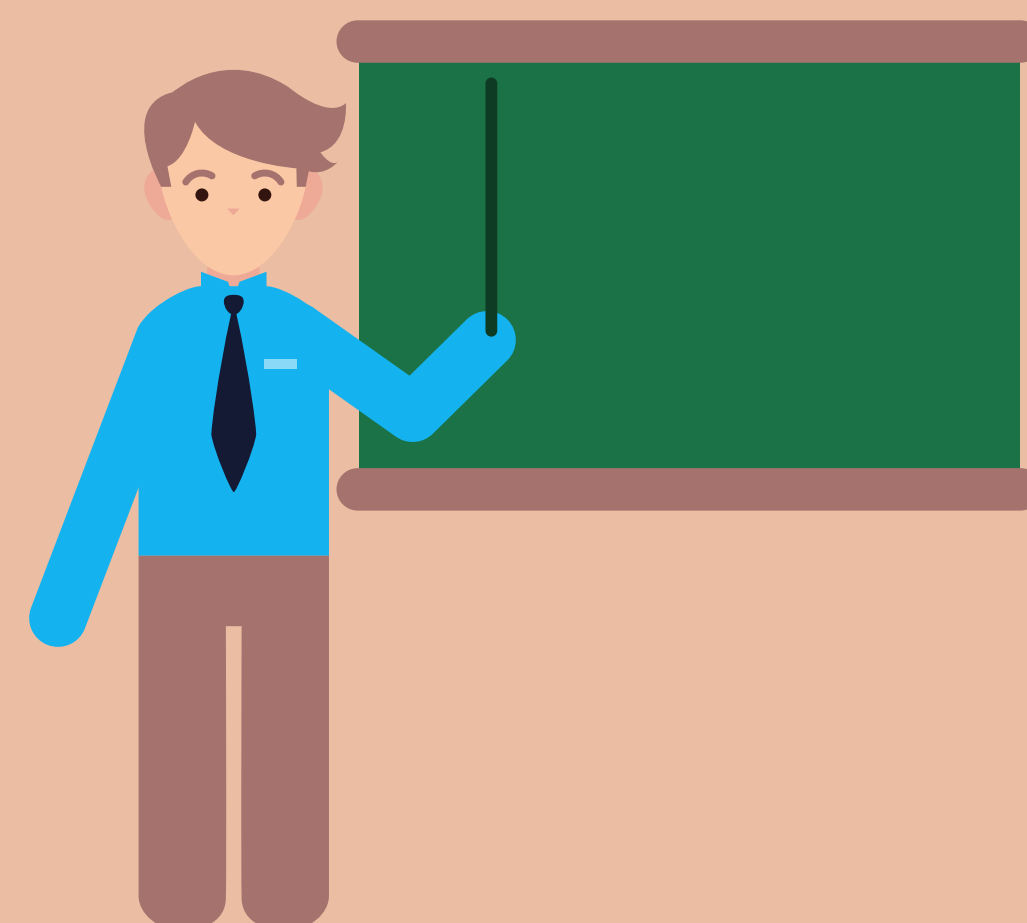
10 Supermans

10 Bridges

10 Star Jumps

10 Plank Taps

10 Burpees



Got questions? Get answers by emailing
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