



KidsRUN^{RVA}

ACTIVITY OF THE WEEK LUCK OF THE IRISH CIRCUITS



Do 7 of each of the St. Patrick's Day inspired exercises below to complete 1 circuit. Take a water break in between each circuit. Complete 4 circuits to represent a lucky, 4-leaf clover!

Leaping Leprechauns – Squat then jump up and tap your heels together.

Irish Jig – Bring your knee up and lift your foot in, tapping it with your opposite hand. Then repeat on the other side!

Shamrock Jumps – Jump up while spreading out your legs and arms like a 4-leaf clover!

Pot of Gold – With your feet spread wide apart, do a squat while “holding” a pot of gold.

Blarney Stone Jump – Keeping feet together, jump side to side as if you are jumping from one stone to the next.

Irish Mountain Climbers – Starting in plank position, drive your knee up and towards your opposite shoulder then repeat on the other side.

Rainbow Plank – Start in a plank position then arch up into a rainbow shape.

Got questions? Get answers by emailing
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