

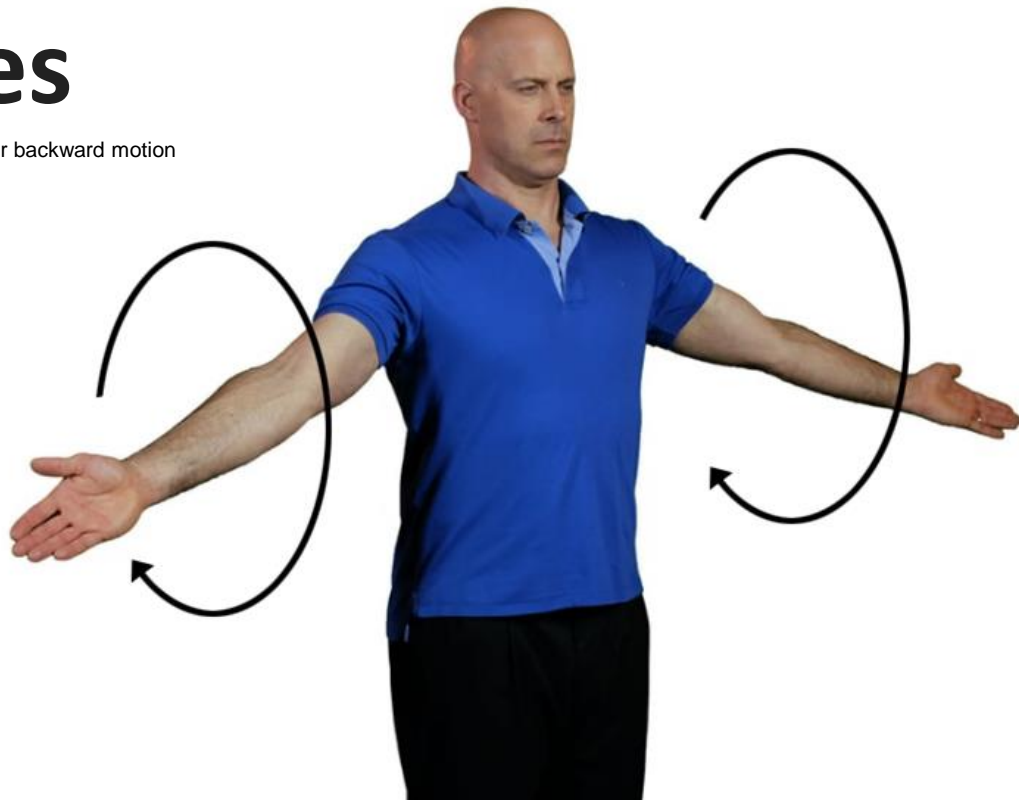
# **Picture Dictionary of Exercises: A Parent's Guide to Physical Activity**

**Exercise and activities to do at home!**

**Created and Compiled by: Manda Krimmer and Christy Slone**

# Arm Circles

stretch arms out to sides and rotate in forward or backward motion



<https://vimeopro.com/ergorisk/shoulder-mobility-exercises/video/25844388>

# Arm Plank

support body on forearms in straight position, hold for allotted time



[https://www.google.com/search?q=arm+plank+exercise&tbs=sur:fc&tbm=isch&source=Int&sa=X&ved=0ahUKUewjRkaC\\_8cTZAhVMM6wKHZFQB2wQpwUIHg&biw=1919&bih=1237&dpr=1#imgsrc=ZWomhE8Wnp2TZM:](https://www.google.com/search?q=arm+plank+exercise&tbs=sur:fc&tbm=isch&source=Int&sa=X&ved=0ahUKUewjRkaC_8cTZAhVMM6wKHZFQB2wQpwUIHg&biw=1919&bih=1237&dpr=1#imgsrc=ZWomhE8Wnp2TZM:)

# Bear Walk

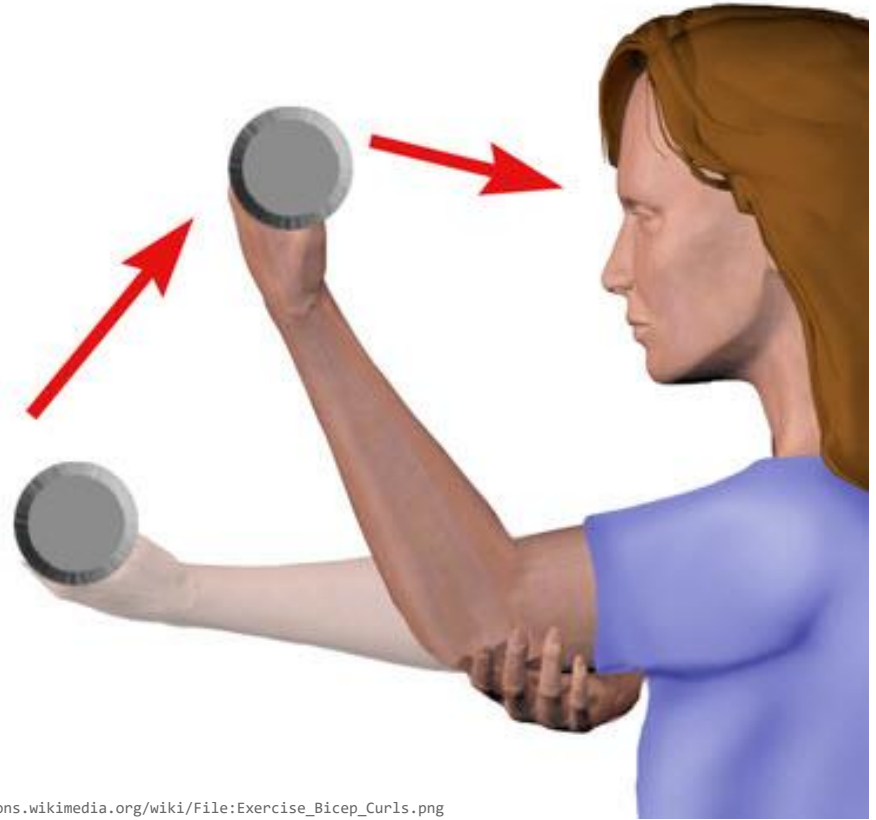
Hands and feet on floor with knees up, back flat. **Walk** your right hand and your left foot forward, repeat.



<http://www.littlerock.af.mil/News/Article-Display/Article/764589/talking-the-talk-and-walking-the-walk/>

# Bicep Curls

support body on forearms in straight position, hold for allotted time



[https://commons.wikimedia.org/wiki/File:Exercise\\_Bicep\\_Curls.png](https://commons.wikimedia.org/wiki/File:Exercise_Bicep_Curls.png)

# Bicycle Exercise

Lay on back, hands behind head, pull in knee with opposite elbow, squeezing the knee & elbow into the middle, extend leg and arm and repeat squeeze of opposite knee and elbow



<https://www.pexels.com/photo/abdominal-abs-body-exercise-260382/>

# Blast-off Jumps

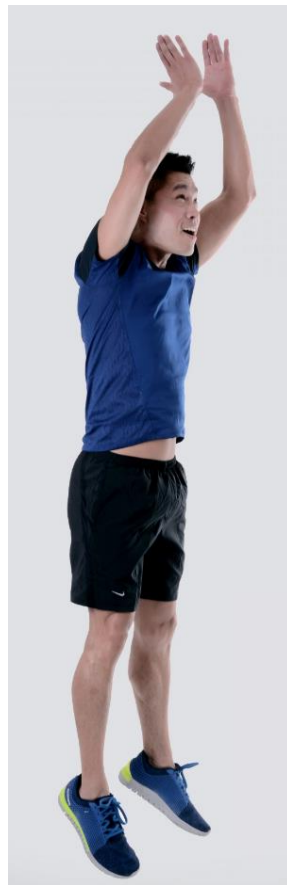
squat down, explode arms and body jumping up

1



<https://pxhere.com/en/photo/487921>

2



<https://pxhere.com/en/photo/487921>

# Boat Pose





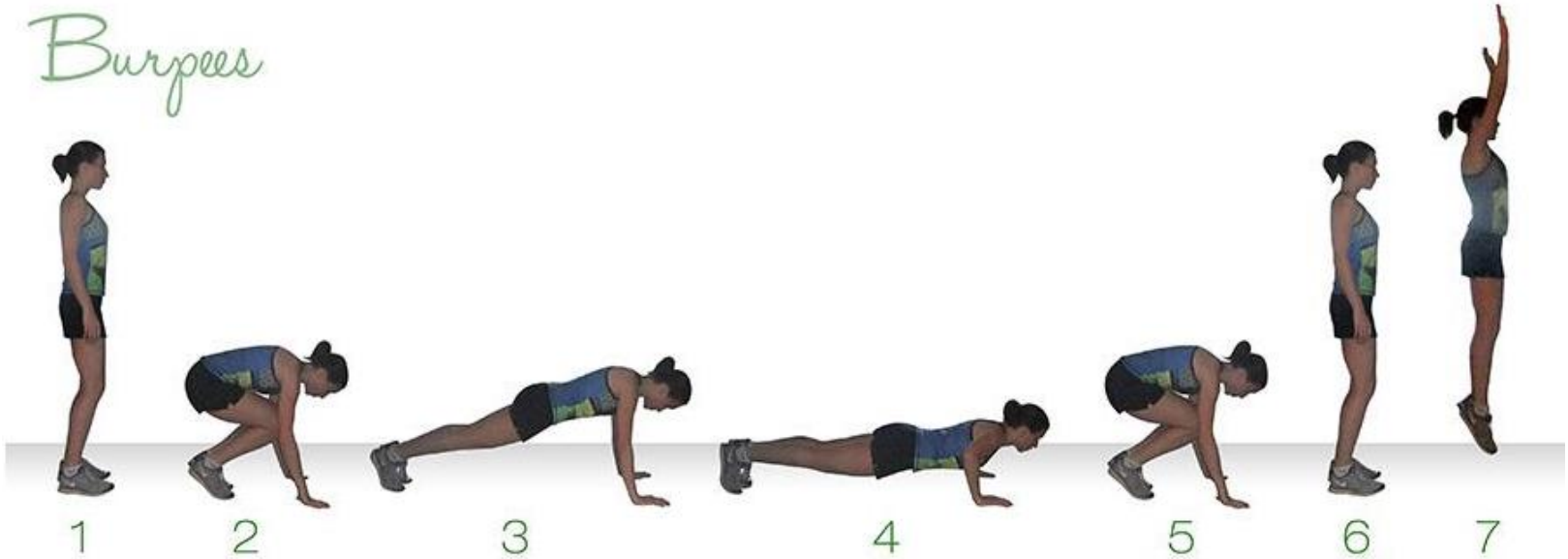
# Bridge Pose



# Burpees

squat down, extend legs back then in, stand up, repeat

Burpees



<https://thejodhpurscompany.com/blogs/the-jodhpurs-company-blog/18907031-workout-wednesday-equestrians-of-the-world-meet-dr-tabata>

# Butterfly Stretch

Sit on floor with the soles of feet together and knees out to sides



<http://www.schriever.af.mil/News/Photos/igphoto/2000906393/>

# Cat Pose



# Chair Pose



# Crab Kick

sit in crab position, with abdomen off the floor, kick up one leg at a time



<http://www.scott.af.mil/News/Article-Display/Article/160203/month-of-the-military-child-finishes-strong-at-scott/>



<https://drive.google.com/file/d/1dDP4fgOD5epbw8WG7kX4T5scobuSPaew/view?usp=sharing>

# Crab Pose/Position Push-up

sit in crab position, hands on floor, fingers facing feet, knees bent, bend/straighten arms up and down



<http://www.scott.af.mil/News/Article-Display/Article/160203/month-of-the-military-child-finishes-strong-at-scott/>

# Crunches

half of a sit-up



<http://www.misawa.af.mil/News/Photos/igphoto/2000294185/>



# Dinosaur Stomp

march movement with heavy stomps into the floor



<http://www.ramstein.af.mil/News/Features/Display/Article/1234501/running-improvement-program-passes-into-ramstein/>

# Dog Pose



# Flutter Kicks

lay on back, legs straight, lift feet slightly off ground and kick with small kicks while feet are lightly raised



<http://www.919sow.afrc.af.mil/News/Article-Display/Article/623922/maintaining-fitness/>

# Flying Pose



**FLYING**

<http://www.cosmickids.com/>

# Frankensteins

arms straight out front, lift each leg straight out front, repeat



<http://www.moody.af.mil/News/Article-Display/Article/210221/moody-women-safer-after-self-defense-class/>

# Hamstring Stretch

arms and feet straight out front, reach hands as far as possible feeling a light stretch in the hamstring muscle



[https://commons.wikimedia.org/wiki/File:US\\_Navy\\_070422-N-5215E-002\\_Midshipman\\_3rd\\_Class\\_Nicholas\\_Lowe\\_shows\\_Julian\\_Than\\_how\\_to\\_stretch\\_before\\_running\\_in\\_the\\_Special\\_Olympics\\_at\\_the\\_Naval\\_Academy.jpg](https://commons.wikimedia.org/wiki/File:US_Navy_070422-N-5215E-002_Midshipman_3rd_Class_Nicholas_Lowe_shows_Julian_Than_how_to_stretch_before_running_in_the_Special_Olympics_at_the_Naval_Academy.jpg)

# Heel Lift

lift heels, slowly, going up on toes, lower down, repeat



**Two Leg Heel Raise**

[https://commons.wikimedia.org/wiki/File:Exercise\\_Heel\\_Raise\\_Two\\_Legs.png](https://commons.wikimedia.org/wiki/File:Exercise_Heel_Raise_Two_Legs.png)

# Hello Sun Pose



**HELLO SUN**

<http://www.cosmickids.com/>



# High Knees

march in place, lifting knees as high as possible



<https://www.flickr.com/photos/tylerbolken/8773565022>

# Hop or Balance

Hop on one foot then switch to other foot, repeat,  
or hop on one foot multiple times then switch the pattern to the other foot  
or use a wall for balance and balance on one foot for a set of time



[https://upload.wikimedia.org/wikipedia/commons/f/f8/Hopscotch\\_in\\_driveway.jpg](https://upload.wikimedia.org/wikipedia/commons/f/f8/Hopscotch_in_driveway.jpg)

# Hug Your Body

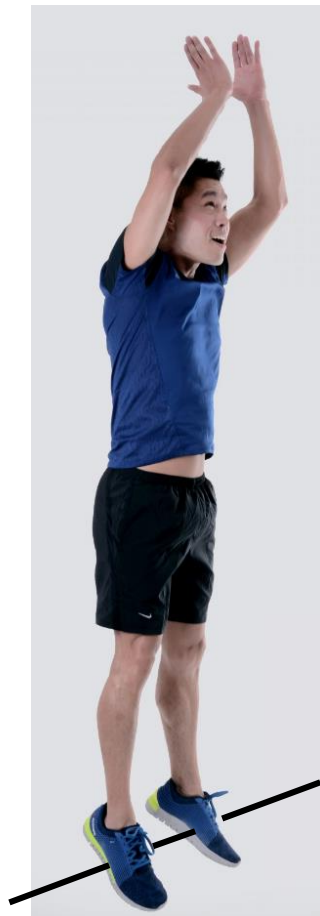
wrap your arms around yourself and give a good squeeze hug



<https://pixabay.com/en/girl-hug-cuddles-love-hair-back-2135293/>

# Jump

jump over a line on the floor keeping your feet together.



<https://pxhere.com/en/photo/487921>

# Jumping Jacks

Feet together and arms down, then jump placing feet apart and arms raise up, repeat



<https://upload.wikimedia.org/wikipedia/commons/7/7f/USMC-120214-M-MA421-288.jpg>

# Leg Hold

lay on back, legs straight, feet together and lift feet slightly, hold



[https://commons.wikimedia.org/wiki/File:Chef\\_Robert\\_Irvine\\_spends\\_time\\_with\\_Marines\\_in\\_Italy\\_160727-M-ML847-040.jpg](https://commons.wikimedia.org/wiki/File:Chef_Robert_Irvine_spends_time_with_Marines_in_Italy_160727-M-ML847-040.jpg)

# Leg Lift or Raise

lay on back, legs straight and feet together, lift feet up and squeeze body into a 90 degree angle, lower feet slowly, repeat



<https://www.pexels.com/photo/man-in-black-tank-top-doing-exercise-209857/>

# Lobster Pose



**LOBSTER**

<http://www.cosmickids.com/>



# Long Jump

stand and jump forward, feet together, as far as possible



<http://www.shaw.af.mil/News/Article-Display/Article/213835/usafcent-adopts-school/>

# Lying Toe Touch

Lay on back, raise hands and feet up trying to touch toes



<https://www.pexels.com/photo/action-adult-agility-athlete-207917/>

# Mountain Climbers

push-up position, one foot front/one back, switch, repeat



<http://www.mcbhawaii.marines.mil/News/News-Article-Display/Article/540212/staying-kid-fit-all-spring-long/>

# Namaste Pose



**NAMASTE!**

<http://www.cosmickids.com/>

# Push-up Position or Walk

push-up position, walk hands out forward and back to starting position, repeat

1



2



<https://vimeo.com/88775655>

# Quick Feet

run in place as fast as possible for the allotted time



<http://www.goodfellow.af.mil/Newsroom/Article-Display/Article/373145/runners-come-together-in-honor-of-womens-history-month/>

# Ragdoll Pose



**RAGDOLL**

<http://www.cosmickids.com/>

# Road Runner Pose



**ROAD RUNNER**

<http://www.cosmickids.com/>



# Sandwich Pose



**SANDWICH**

<http://www.cosmickids.com/>

# Scissor Jump

jump up in jumping jack position ("X")



<https://www.pexels.com/photo/air-jump-cheerful-child-fun-236197/>

# Shoulder Touch

hold push-up position (arms extended, straight back). One hand to touch opposite shoulder (ex. left hand touch right shoulder) return to ground. Alternate hand/shoulder touches



<https://drive.google.com/open?id=1BMyJkWOAGQrcYYrki-f5DIEo8S8sunKe>



<https://drive.google.com/open?id=1G7Soej-9cwh27TEjsrB0cEFskMu98aqG>

# Side Step

step feet from side to side



<https://drive.google.com/open?id=1pPPUR53liuvCyGmOKdy1-Z7cIFDV3GzP>

# Sit-up or Curl-up

lay on back, knees bent, hands by ears or crossed over chest, raise head, shoulders, and middle up to sitting position, lower back down, slow, repeat



<http://bootcamp.coastguard.dodlive.mil/2013/08/22/physical-fitness-assessment-self-administration-guide/>



# Spiderman Push-up

Start in the up position and hold. Alternate knee to touch the same elbow (ex. right knee to touch right elbow), maintaining straight arms. Switch knees. Repeat.



[https://drive.google.com/open?id=1QLJgyd0Rjb\\_TYqnXrIh72DNopx077Iow](https://drive.google.com/open?id=1QLJgyd0Rjb_TYqnXrIh72DNopx077Iow)

# Surfer or Warrior II Pose



**SURFER**

<http://www.cosmickids.com/>

# Squat

balance on feet spread shoulder width apart, sit/squat as if sitting in a chair, repeat



<http://www.mcconnell.af.mil/News/Photos/igphoto/2000852593/>



# Squat Jumps

balance on feet spread shoulder width apart, sit/squat as if sitting in a chair  
then explode up into a jump, land, lowering back into a squat position

1



2



# Superman

lay on your belly with hands over head, legs stretched out, lift arms and feet, hold for a designated amount of time



<http://www.macdill.af.mil/News/Photos/igphoto/2001736257/>

# Tricep Stretch

reach arm up and hand behind head  
with other hand, pull elbow toward head gently



<http://www.makeoverfitness.com/images/stories/tricep-stretches.jpg>

# Toe Touches

while standing, bend in the middle and reach hands toward toes for a toe touch then stand tall to touch sky, repeat



[https://drive.google.com/open?id=1H2j1nBSmg\\_6\\_qXL\\_ILVN8vyh-SkEwIEr](https://drive.google.com/open?id=1H2j1nBSmg_6_qXL_ILVN8vyh-SkEwIEr)

# Wall Sit

put back against wall, squat until your bum is even with knees, hold



<http://www.jble.af.mil/News/Photos/igphoto/2001488648/>

# Windmill

jumping jack position ("X"), cross hand to opposite foot, repeat for other side



<http://www.ultimatebodypress.com/intermediate-windmill.html>



# Seated Yoga

Knee to Chest  
Trunk Twist  
Toe Touch  
Child Pose or Body Fold



<https://pixabay.com/en/yoga-childs-pose-asana-2959214/>



<https://pixabay.com/en/yoga-yogi-men-exercise-sport-2252899/>



<http://www.ramstein.af.mil/News/Article-Display/Article/929863/balancing-strengthens-bond/>



<http://www.cosmickids.com/>



<https://pxhere.com/en/photo/549823>

**NAMASTE!**

# Other resources

**Super Stretch app** <https://adventuresofsuperstretch.com/>

**Cosmic Kids** <http://www.cosmickids.com/>

**Kids Exercise** <https://www.pinterest.com/explore/kids-workout/>

**Fitness Blender -Kids Exercise at Home**

<https://www.fitnessblender.com/videos/fitness-blender-kids-workout-25-minute-fun-workout-for-kids-at-home>