

After completing a little warm-up try this fun Studio SWEAT onDemand

Workout with Your Littles!

Do ABOUT 10 reps of each exercise, completing each superset 2 or 3 times.

SUPERSET 1

- a. LB: Wide Squats with or without that kiddo on your front
- b. UB: Push-ups where you kiss the kiddo or put them on your back
- c. CORE: Sit-up where you have the kid sit on you and help pull you up, then straighten your legs to rock them back.

SUPERSET 2

- d. LB: Double Squat, Lunge Right, Lunge Left. Kid on your back, shoulders or at your side.
- e. UB: Bicep Curl that Boy!
- f. CORE: Forearm plank with kids standing or lying on you.

SUPERSET 3

- g. LB: Ring Around the Leg Press! (Airplane and kid runs around). 5 times per direction.
- h. UB: Tricep Dips with kiddo in your lap hugging you, or by your side.
- i. CORE: Scissor kicks trying to touch toes.

SUPERSET 4

- j. LB: Hip Raise Kid on you.
- k. UB: Side Lunge to Kid Press (almost like an axe chopper with the kid on your hip, then in the air!)
- l. CORE: Down dog to Plank with kids going under (5 per direction).

THEN STRETCH TOGETHER!