

PICTURE DICTIONARY OF EXERCISES:

A PARENT'S GUIDE TO PHYSICAL ACTIVITY

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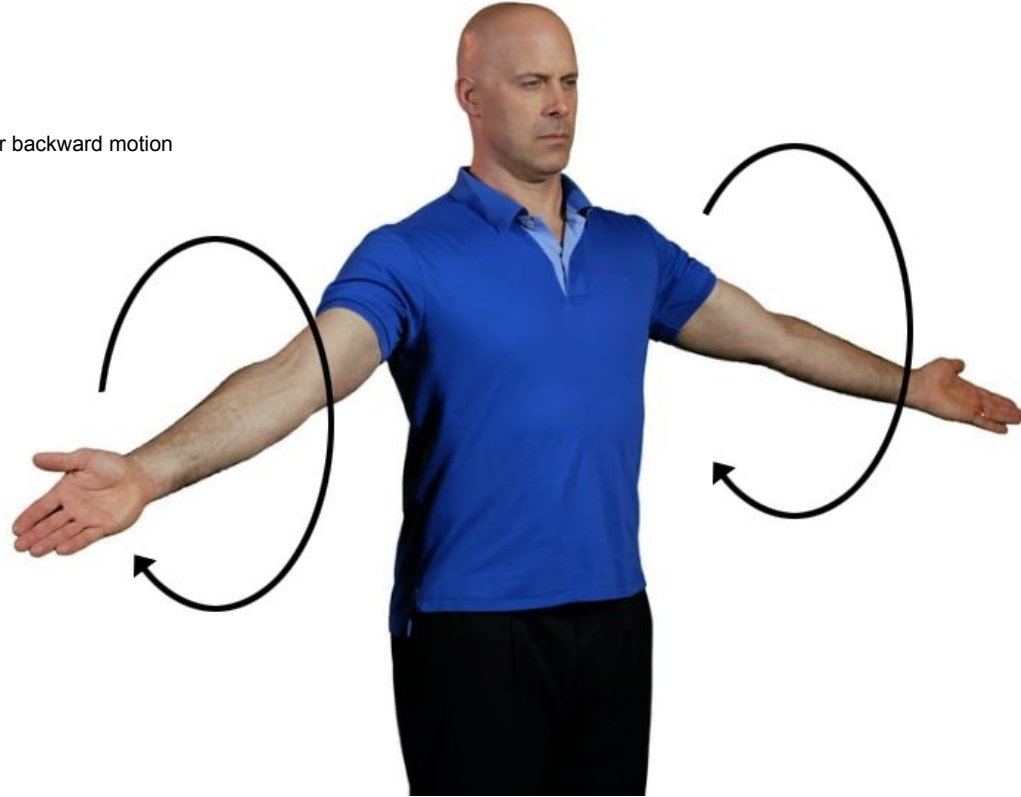


Exercise and activities to do at home!

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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=ln&sa=X&ved=0ahUKEwjRkaC_8cTZAhVMM6wKHZfQB2wQpwUIHg&biw=1919&bih=1237&dpr=1#imgsrc=ZWomhE8Wnp2TZM

BEAR WALK

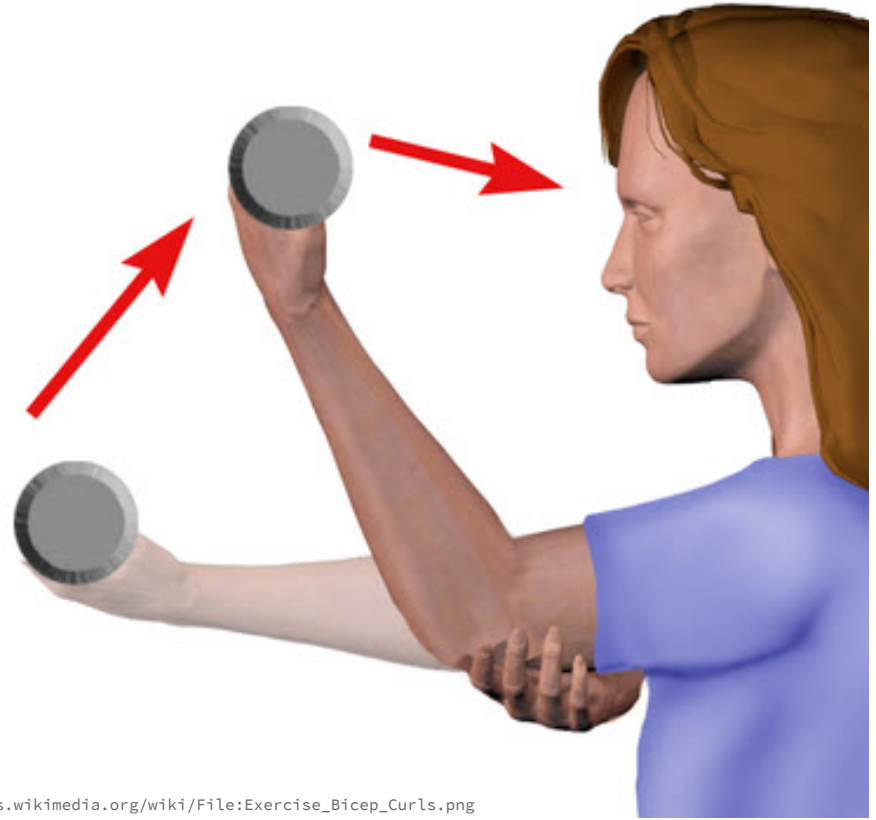
Hands and feet on floor with knees up, back flat. **Walk** your right hand and your left foot forward, repeat.



<https://pxhere.com/en/photo/487325>

BICEP CURLS

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



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

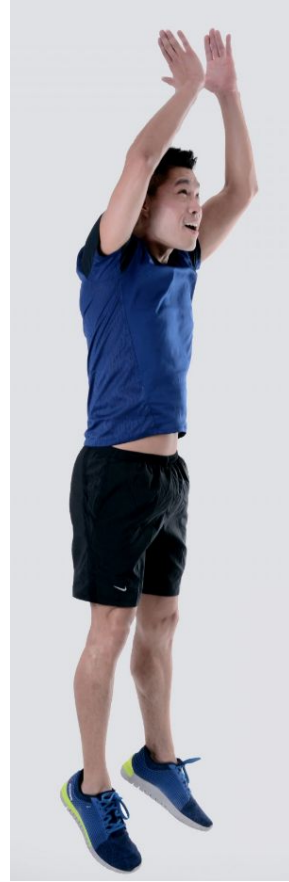
squat down, explode arms and body jumping up

1



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

2



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

BOAT POSE



BRIDGE POSE



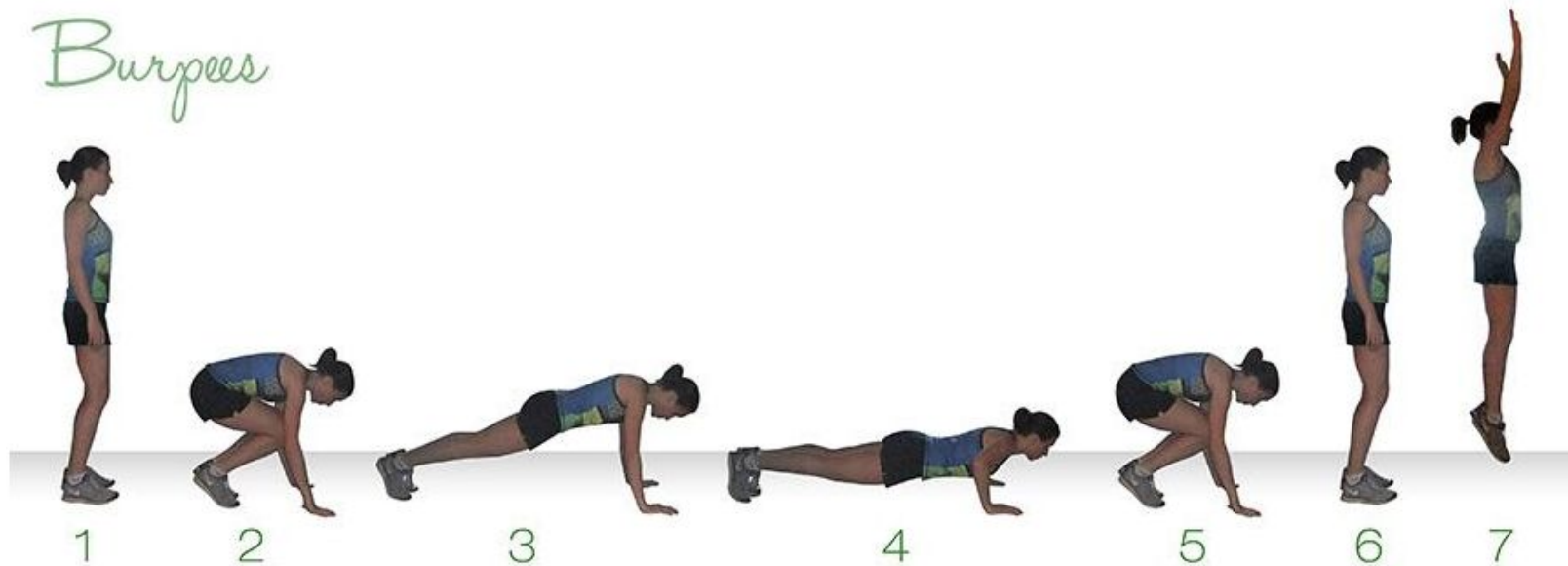
BRIDGE

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

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



CHAIR

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

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/1ddP4fg0D5epbw8WG7kX4T5scobuSPaew/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

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

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

HUG YOUR BODY

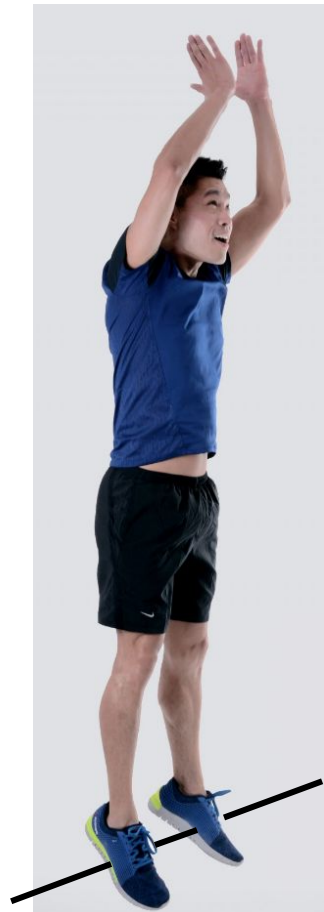
wrap your arms around yourself and give a good squeeze hug



<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

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.marinemil/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=1pPPUR53liuvCyGmOKdyL-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

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

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/>

YogaToday <https://www.yogatoday.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>