

7 WAYS TO WORK OUT LIKE A KID



By: Carrie Anton, Health & Fitness Writer

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As a kid, fitness didn't come in the form of exercise routines. It came from running, jumping, crawling and playing with friends: your gym was, in a sense, everywhere. That's why incorporating that childhood spirit into your own approach to fitness is the perfect way to keep things fresh while also getting the burn you're craving. Here are seven nostalgia-infused workouts that perfectly pair up power and playtime.

Hopscotch: For an adult version of hopscotch, make use of a speed ladder: use fast feet to speed through bunny hops, high knee runs, single-leg hops, scissor jumps, sprints and more. It's a fun way to gain better coordination, strength and power.

Bike ride: Change up the terrain of your bike path to something a bit more gritty. Getting off road like you did as a kid will work different muscles to keep you upright and pedaling with power.

Handstands: Handstands are a core competency of functional training and yoga – but they didn't feel like work when we were little! Work yourself up to a handstand by first placing your feet on a box or higher surface and balancing yourself on your hands, working to add more and more of your bodyweight onto your hands and bringing your hips over your shoulders). Over time take it up a notch, facing a wall and working to kick up with the wall for support. When you've mastered it, pump up a **playlist** to see how long you can last – or incorporate push-ups or walking.

Playground: Swap the gym with the park to really relive your youth. Get your legs burning by sprinting up and down the slides. Power up your push-ups by placing your feet on a swing to further strengthen your core and upper body. Use the monkey bars to do pull-ups, toes-to-bar or muscle-ups. Be

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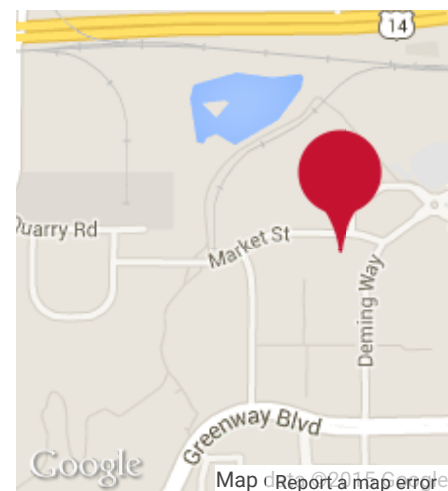


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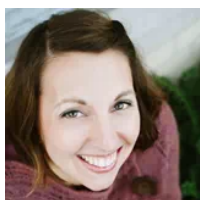
creative with what's available, and create a circuit of exercises, running, hopping or crawling between each.

Jump rope: Switch up your footing style to get more from jumping rope. Move your feet out wide and back together. Try placing one foot forward and one foot back. Go for a single-leg hop for continuous reps. Perform it boxer style by doing two hops on each foot. Once they all feel easy, reverse the spin of the rope or go for that coveted double-under.

Trampoline: This childhood pastime can really power up your leg power and strength, while getting your heart pumping. If you don't have the space for a large trampoline in your yard, use a rebounder (a mini-trampoline) indoors. Or, save the equipment space and try a studio trampoline class.

Childhood games: Bring your **fitness friends** in on the fun and team up for a game of tag, dodgeball, kickball or one-on-one basketball. Set a weekly night to get out and play, inviting neighbors and co-workers.

Incorporate little ones into the fun with these three tips for teaching kids to love fitness.

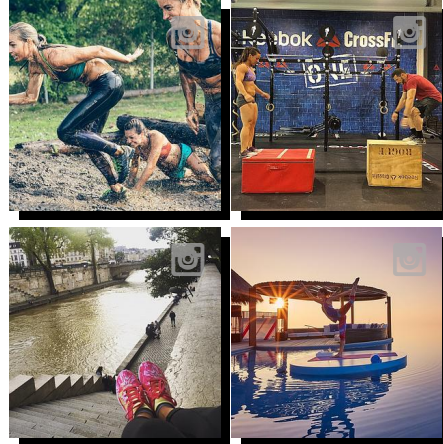


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Carrie Anton is a health and fitness freelance writer. Her occupation has led to many trials and errors with exercise, but it was her first CrossFit class where she finally found something she loved. She's now CFL1 and Olympic-Lifting certified and enjoys helping others reach their fitness goals, be it through training or her published work. See more at carrieanton.com.



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