

# Kids Quest



## The Quest is On!

**Begins:** June 1, 2025

**Registration:** [haysmed.com/services/chi-what-we-offer/#/kids-quest](https://haysmed.com/services/chi-what-we-offer/#/kids-quest)

**Choose one workout, set timer for 20 minutes and complete workout, earn 1/2 a mile.**

### 1. Alphabet Workout

(Use word suggestions below to complete your workout)

- |                             |                                |
|-----------------------------|--------------------------------|
| <b>A:</b> 15 Supermans      | <b>O:</b> 10 Plie Squats       |
| <b>B:</b> 10 Lunges         | <b>P:</b> 15 Arm Circles       |
| <b>C:</b> 10 Plank Taps     | <b>Q:</b> 15 Butt Kicks        |
| <b>D:</b> 15 High Knees     | <b>R:</b> 10 Push ups          |
| <b>E:</b> 10 Calf Raises    | <b>S:</b> 15 Crunches          |
| <b>F:</b> 15 Crab Walk      | <b>T:</b> 10 Burpees           |
| <b>G:</b> 10 Flutter Kicks  | <b>U:</b> 15 Jumping Jacks     |
| <b>H:</b> 10 Frog Jumps     | <b>V:</b> 10 Bird Dog          |
| <b>I:</b> 15 Bridge Lifts   | <b>W:</b> 10 Front Kicks       |
| <b>J:</b> 10 Bear Crawl     | <b>X:</b> 10 Inchworm          |
| <b>K:</b> 15 Bicycle Crunch | <b>Y:</b> 10 Mountain Climbers |
| <b>L:</b> 10 Russian Twist  | <b>Z:</b> 15 Tuck Jump         |
| <b>M:</b> 15 Speed Skater   |                                |
| <b>N:</b> 15 Squats         |                                |

### 2. Playing Card Workout

Diamonds: Bear Crawl  
Clubs: Bridge Lifts  
Spades: Frog Jump  
Hearts: Bird Dog

2 = 2 reps	9 = 9 reps
3 = 3 reps	10 = 10 reps
4 = 4 reps	Jack = 11 reps
5 = 5 reps	Queen = 12 reps
6 = 6 reps	King = 13 reps
7 = 7 reps	Ace = 15 reps
8 = 8 reps	

Visit [haysmed.com/services/chi-what-we-offer/#/kids-quest](https://haysmed.com/services/chi-what-we-offer/#/kids-quest) for a video explanation of the workouts.

### 3. Pyramid Workout

50- Lunges  
40- Crab Walk  
30- Plank Taps  
20- Deadbug  
10- Burpees

#### Word Suggestions

Swimming	Park	Beach
Sunshine	Lake	Friends
Fun	Camping	Sleepover
Water	No School	Fourth of July
Pool	Summer	Fireworks

#### For more information

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