

Kids Quest



The Quest is On!

Begins: June 1, 2026

Registration: 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)

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

2. Playing Card Workout

Diamonds: Bear Crawl

Clubs: Bridge Lifts

Spades: Frog Jump

Hearts: Bird Dog

2 = 2 reps

3 = 3 reps

4 = 4 reps

5 = 5 reps

6 = 6 reps

7 = 7 reps

8 = 8 reps

9 = 9 reps

10 = 10 reps

Jack = 11 reps

Queen = 12 reps

King = 13 reps

Ace = 15 reps

3. Pyramid Workout

50- Lunges

40- Crab Walk

30- Plank Taps

20- Deadbug

10- Burpees

Visit haysmed.com/services/chi-what-we-offer/#/kids-quest for a video explanation of the workouts.

Register by May 29 to receive a free t-shirt.

For more information

785-623-5900

wellnesscenter@haysmed.com

Word Suggestions

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

