

# PARENT CHILD WORKOUT

Advanced

**Integrate your child into the training and have a sporty unit with lots of fun and movement together. Perform each exercise 10 times and complete the entire training 2-3 laps. So you will have an effective workout for your whole body in a short time and your child will have a lot of fun, you will see.**

## PUSH SQUAT



Stand shoulderwide and hold your child in front of your body.

Now crouch as low as possible, come back to a standing position and lift your child to the front

- ✓ **leg and hip strengthening**
- ✓ **shoulder and arm strengthening**

## CROSS LIFT



Hold your child with both hands close to your body.

Bend your straight upper body forward and then straighten up again without bending your knees

- ✓ **glute and leg strengthening**
- ✓ **back strengthening**

## DRIBBLINGS



Stand shoulder width apart and keep your child in front of the body.

Bend your knees slightly and make fast dribbles by alternately lifting your feet slightly off the ground.

- ✓ **cardio workout**
- ✓ **coordination improvement**

## PUSH UP



Put your child on the floor in front of you.

Go into a supporting position, keeping your knees on the ground.

Do a push-up and give your child a kiss.

- ✓ **chest and shoulder strengthening**
- ✓ **core stability**