

HIIT for Self Regulation

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



Hop, hop, back and forth like a frog



Hands and feet on the floor, hips high - walk left and right



Sink into a low sumo squat, with hands on the floor, shuffle around the room



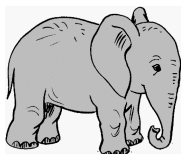
Jumping jacks as fast as you can with arms and legs spread wide



Run in place, as FAST as you can just like the fastest animal in the dessert



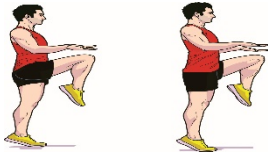
Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl



March in place lifting your knees as high as you can and stomping the ground as hard as you can

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High Knees



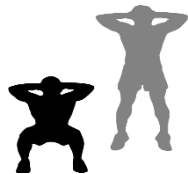
Sit Ups/Toe taps/Tummy Twists



Mountain Climbers



Push Ups



Jumping squats



Burpees