



FOR KIDS ONLY **A NIGHT OF FUN AND FITNESS**

Saturday, May 21st

**Project Rise Fitness
2115 S. Birch St.
Denver, CO 80222**



Drop Off at 5:00pm

Go Out Kid Free!

Pick Up at 10:00pm



Kid's Night Out Agenda Intro to Project Rise Kids

Drop off at 5 pm
Pick up at 10pm

5 to 5:30 Introductions!

-Learn about the kids

1. What school do you go to?
2. What's your favorite color?
3. What's your favorite exercise?

Let them eat during this time (sandwiches and chips, veggies)

5:30-6:30 Introduction to Movements

Burpee, Air Squat, Sit Ups, Push ups, KB Swings, KB Deadlifts, Rowing, DB push press.

(This will give them an idea of some of the movements and digest their food.)

6:30-7:20 Intro to Terminology & Workouts

EMOM: Every Minute on the Minute

AMRAP: As Many Reps as Possible

For Time: Finish the workout as FAST as you can!

3 Mini WODS (below) [will be in WODIFY]

Three mini WOD's

3 min EMOM

10 burpees

3 min AMRAP

5 Air Squats

5 Sit ups

5 KB Swings

For Time

150 M Row

Then, 3 rounds of:

5 DB push press

10 KB Deadlifts

12 push ups

7:20 – 7:30 Quiz & Debrief

Coaches do an exercise and ask the kiddos to identify each movement.

7:30 to 8:00pm Dodgeball (for older kiddos)

8pm – 10pm Kid Friendly Movie: Transylvania 2 or Minions