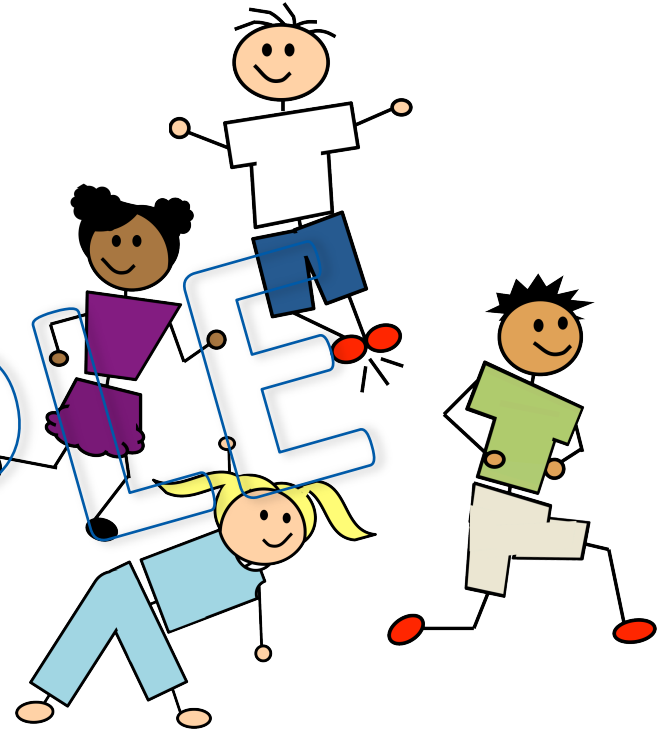


# PowerUp Peanuts

Six-Week Lesson Plans: Set 1  
Fitness Programming for Youth 2-5 Years Old



PowerUp Fitness, LLC

Twelve PowerUp Peanut Classes. Each week features two classes that include a warm-up, muscle endurance and strength exercises, and PowerUp Play activities to make kids' fitness fun! It's a group exercise class for kids 2-5 years old!

PowerUp Peanuts		Instructions: PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.			
Week: 1 Class: 1	PowerUp Equipment	WarmUp	PowerUp Endurance	PowerUp Strength	PowerUp Play
	<ul style="list-style-type: none"> <li>Hula hoop</li> <li>Mat (army crawl)</li> </ul>	<ul style="list-style-type: none"> <li>Walk on toes/heels</li> <li>Walk high knees/kick bottom</li> <li>Walk + arm circle</li> <li>Walk tall, medium, low</li> </ul>	<ul style="list-style-type: none"> <li>Alphabet jumping jacks</li> <li>Shape jumps</li> <li>Race in place</li> <li>One leg hops</li> <li>Frog jumps</li> </ul>	<b>Upper Body</b> <ul style="list-style-type: none"> <li>Arm circles</li> <li>Army crawl</li> </ul> <hr/> <b>Lower Body</b> <ul style="list-style-type: none"> <li>Squats</li> <li>Toe raises</li> </ul> <hr/> <b>Core</b> <ul style="list-style-type: none"> <li>Hula hoop</li> </ul>	Animal Action
	<b>Notes:</b> Play music, pause music and instruct participants to freeze. Use this to teach exercises, get attention, as a game. WarmUp: Walk tall (reach arms up), walk medium (normal), walk low (squat while walking). Switch up the order to keep participants guessing. Army crawl: laying on tummy, use arms only to crawl specified distance. Squats: hold squat for different time intervals, return to stand to keep their attention and make it a game. Hula hoop several times throughout the workout. Hula hoops can be used to keep participants in their own space. Place hoop on the ground, instruct participants to perform exercises inside their hula hoop or “bubble”.				

PowerUp Peanuts		Instructions: PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.			
Week: 1 Class: 2	PowerUp Equipment	WarmUp	PowerUp Endurance	PowerUp Strength	PowerUp Play
	<ul style="list-style-type: none"> <li>Hula hoop</li> <li>Mat (army crawl, plank, donkey kicks)</li> <li>1 lb dumbbells (or 1 lb resistance)(lateral raises)</li> </ul>	<ul style="list-style-type: none"> <li>Walk on toes/heels</li> <li>Walk high knees/kick bottom</li> <li>Walk + arm circle</li> <li>Walk tall, medium, low</li> </ul>	<ul style="list-style-type: none"> <li>Hip-hops</li> <li>Frog jumps</li> <li>Burpees</li> <li>Slow gallop</li> <li>Bunny hops</li> </ul>	<b>Upper Body</b> <ul style="list-style-type: none"> <li>Army crawl</li> <li>Lateral raises</li> </ul> <hr/> <b>Lower Body</b> <ul style="list-style-type: none"> <li>Squat jumps</li> <li>Donkey kicks</li> </ul> <hr/> <b>Core</b> <ul style="list-style-type: none"> <li>Hula hoop</li> <li>Plank</li> </ul>	Animal Action
	<b>Notes:</b> Play music, pause music and instruct participants to freeze. Use this to teach exercises, get attention, as a game. To teach burpees chant: “jump up, hands down, jump out, jump in, jump up”. For lateral raises use light, or no weights, talk about making the letter “T”, use phrases like its “T” time. For planks sing alphabet or encourage counting.				

## PowerUp Peanuts

**Instructions:** PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.

Week: 2 Class: 1

## PowerUp Equipment

- Step bench (step ups)
- Tape or jump rope (line hops)
- Mat (sandwich situps)

## WarmUp

- Walk on toes/heels
- Walk high knees/kick bottom
- Walk + arm circle
- Walk tall, medium, low

## PowerUp Endurance

- Obstacle course
- Frog jumps
- Jumping jacks
- Step ups
- Hip-hops

## PowerUp Strength

## Upper Body

- Wall pushups
- Arm circles

## Lower Body

- Squat jumps
- Lunge

## Core

- Sandwich situps

## PowerUp Play

Crazy Cars

**Notes:** Play music, pause music and instruct participants to freeze. Use this to teach exercises, get attention, as a game. Line hops: put down tape or long jump rope, participants hop over side to side. For step ups: have participants hop over step if able. Sandwich situps: perform traditional situps, build an imaginary sandwich, adding one piece each situp. For ex. Bread, situp, turkey, situp, etc. For lunges: talk about making squares or “L’s” with legs, don’t let knees touch the ground!

## PowerUp Peanuts

**Instructions:** PowerUp endurance and strength exercises can be set up as stations, performed for time or set up as an obstacle course.

Week: 2 Class: 2

## PowerUp Equipment

- 1 lb dumbbells (or 1 lb. resistance)(lateral raises)
- Mat (planks) (donkey kicks)

## WarmUp

- Walk on toes/heels
- Walk high knees/kick bottom
- Walk + arm circle
- Walk tall, medium, low

## PowerUp Endurance

- Inchworm
- Jumping jacks
- Hip-hops
- Shape jumps
- Burpees
- One leg hops

## PowerUp Strength

## Upper Body

- Wall pushups
- Lateral raises

## Lower Body

- Donkey kicks
- Squats

## Core

- Plank

## PowerUp Play

Crazy Cars

**Notes:** Inchworm: Walk feet then hands, see instructor manual. Squats: hold squat for different time intervals, return to stand to keep their attention and make it a game. To teach burpees chant: “jump up, hands down, jump out, jump in, jump up”.