



How Can Home Workouts Benefit Your — Child —



Skipping can enhance stamina, agility, and blood circulation.

Jogging a few laps around the backyard can increase endurance and build muscle.



Planks can aid with posture and balance and reduce back pain.

Push-ups are effective for strengthening every muscle in the body.



Squats help with weight loss and are also healthy for the digestive system.

Regular stretching eases muscle tension and improves joint mobility.



Forward lunges help with flexibility and core strength.

Overhead shoulder stretch helps reduce stress and fatigue.

