Rec Tip of the Week February 26, 2014

According to Sparkpeople.com you can reclaim your inner child with workouts inspired by recess.

1. Hula hoop: hula hooping is a great core workout and many clubs now offer hula hooping classes choreographed to music.

2. Swinging: it’s great low intensity cardio and by pumping your legs to get higher and higher you work those quads and hamstrings while engaging the core to stabilize your upper body.

3. Jumping Rope: jumping rope is an awesome cardio choice and by adding a few tricks you can keep it fresh.

4. Red light, green light: playing this classic game with your kids is a great way to do your own little interval training. With sporadic sprinting, walking, and jogging in the mix you can get a nice little HIIT session in while keeping the kids engaged.