Exercises for kids at home

Peabody · checked 2026-10-29

5 of Peabody's 44 workouts need no equipment at all, 15 need only a bit of floor the size of a child lying down with their arms out, and 31 are quiet enough that nobody living below will hear them. All free, with picture steps read aloud.

Exercises that need nothing at all

- Workout: Animal Parade · Ages: 4 to 6 · Minutes: 7 · Room: a room · Quiet?: yes
- Workout: Push and Pull · Ages: 7 to 9 · Minutes: 10 · Room: a room · Quiet?: yes
- Workout: Plank Party · Ages: 7 to 9 · Minutes: 9 · Room: a room · Quiet?: yes
- Workout: Waddle and Kick · Ages: 5 to 6 · Minutes: 7 · Room: a room · Quiet?: yes
- Workout: Desk Side Three · Ages: 6 to 9 · Minutes: 7 · Room: a bit of floor · Quiet?: yes

If somebody lives downstairs

31 workouts have nothing that jumps, stamps or drops. On the Gym's front page there is a Quiet chip that shows only these — it is the filter parents in flats ask for most, and the reason it exists.

- Quiet workout: Animal Parade · Ages: 4 to 6 · Minutes: 7 · You need: nothing
- Quiet workout: Red Light, Green Light Squats · Ages: 4 to 6 · Minutes: 8 · You need: a chair, a wall
- Quiet workout: Teddy Bear Carry · Ages: 5 to 6 · Minutes: 7 · You need: a ball
- Quiet workout: Three Minute Shake-Out · Ages: 6 to 9 · Minutes: 7 · You need: a wall
- Quiet workout: Carpet Three · Ages: 6 to 9 · Minutes: 8 · You need: a wall
- Quiet workout: Up and Down the Hallway · Ages: 6 to 9 · Minutes: 11 · You need: a wall, a shoe
- Quiet workout: Twenty On, Ten Off · Ages: 9 to 12 · Minutes: 8 · You need: a wall
- Quiet workout: Push and Pull · Ages: 7 to 9 · Minutes: 10 · You need: nothing
- Quiet workout: Plank Party · Ages: 7 to 9 · Minutes: 9 · You need: nothing
- Quiet workout: Bear Crawl Mountain · Ages: 9 to 12 · Minutes: 10 · You need: a wall
- Quiet workout: Morning Stretch · Ages: 6 to 9 · Minutes: 6 · You need: a wall
- Quiet workout: After Sitting All Day · Ages: 9 to 12 · Minutes: 8 · You need: a towel, a wall

If there is no room

15 workouts fit in an arm's length of floor — enough to lie down with your arms out. That is a bedroom, a hallway, or the space beside a desk.

Things in the house that count as equipment

A ball, a towel, a chair, a step, a wall, a cushion, a laundry basket, chalk or tape, a rolled-up sock, a shoe for a marker, and a backpack with a book or two in it. That is the whole list, and nothing on it needs buying.

Is this safe at home?

There is no barbell, dumbbell, kettlebell, bench or bar anywhere in the Gym — the words are not even in its data, so a future workout cannot reach for one. The heaviest thing a child ever picks up is a ball, a towel, or a backpack with a book or two in it, and only from 3rd grade; nothing goes overhead with anything in the hands below 4th grade, and nothing anywhere puts weight on a head or a neck. The two youngest levels have no clock to race. Every workout that leaves the ground teaches landing first, in its own warm-up, and every workout page carries the same five stop signals — dizzy, chest hurts, can't catch your breath, a sharp pain in one spot, feeling sick — read aloud before any clock starts.

Why nothing here mentions weight

The Gym never mentions weight, shape, size or calories, and never suggests eating less. About sixty of those words are refused in the code itself, in every line a child reads, including the spoken ones. What it says instead is strong, fast, springy, steady and bendy — and that food is fuel.

Questions

What can a child do in a small bedroom?

Most of the Gym. Tap the "a bit of floor" chip on the front page and it will show only what fits.

How do I stop it annoying the neighbours?

Use the Quiet chip. Nothing on that shelf leaves the ground or makes a bang — our own tests refuse a workout that claims to be quiet while containing something that isn't.

Do we need to buy anything?

No. 5 workouts need nothing, and everything else uses things already in a house.

Nothing is sent anywhere

The Gym is free, with no ads and no sign-up. There is no camera, no pose detection and no leaderboard. What your child has done and their own best times stay on their own device and are never sent anywhere, so there is nothing to lose and no account to make.

Free at peabody.kids/exercises-for-kids-at-home