Workouts for kids

Peabody · checked 2026-10-29

Peabody's Gym has 44 free workouts for kids, from three minutes on a bit of carpet to twenty with a ball and a hallway. Each one warms up, teaches any new move before it puts a clock on it, ends with a game for the younger ones, and cools down. Coach Peabody reads every step aloud.

All 44 workouts for kids

- Workout: Animal Parade · Ages: 4 to 6 · Minutes: 7 · You need: nothing · Room: a room · What it is: Moving on your hands and feet is how every strong body starts.
- Workout: Red Light, Green Light Squats · Ages: 4 to 6 · Minutes: 8 · You need: a chair, a wall · Room: a bit of floor · What it is: A squat is just sitting down on a chair that isn't there.
- Workout: Five Little Monkeys · Ages: 5 to 6 · Minutes: 8 · You need: a wall · Room: a room · What it is: Landing softly is the most useful thing a jumper ever learns.
- Workout: Teddy Bear Carry · Ages: 5 to 6 · Minutes: 7 · You need: a ball · Room: a room · What it is: Bottom back, chest up, flat back: the way everybody should pick things up.
- Workout: Three Minute Shake-Out · Ages: 6 to 9 · Minutes: 7 · You need: a wall · Room: a bit of floor · What it is: A few minutes counts. It always counts.
- Workout: Carpet Three · Ages: 6 to 9 · Minutes: 8 · You need: a wall · Room: a room · What it is: You never need a gym. You need a bit of floor.
- Workout: Up and Down the Hallway · Ages: 6 to 9 · Minutes: 11 · You need: a wall, a shoe · Room: a hallway · What it is: Turning round fast is its own skill. It is called agility.
- Workout: Jump Rope Minute · Ages: 6 to 9 · Minutes: 12 · You need: a jump rope, a wall · Room: a bit of floor · What it is: A rope teaches your hands and your feet to agree with each other.
- Workout: Twenty On, Ten Off · Ages: 9 to 12 · Minutes: 8 · You need: a wall · Room: a bit of floor · What it is: Short and hard builds a different thing from long and steady. You want both.
- Workout: Push and Pull · Ages: 7 to 9 · Minutes: 10 · You need: nothing · Room: a room · What it is: Strength is your muscles pushing or pulling harder than they did last month.
- Workout: Plank Party · Ages: 7 to 9 · Minutes: 9 · You need: nothing · Room: a room · What it is: Holding still is work. Your middle is doing all of it.
- Workout: Bear Crawl Mountain · Ages: 9 to 12 · Minutes: 10 · You need: a wall · Room: a room · What it is: Going fast only counts when the shapes stay right.

• Workout: Land Like a Cat · Ages: 6 to 9 · Minutes: 10 · You need: a wall · Room: a bit of floor · What it is: Soft knees on landing are how springy people stay in one piece.
• Workout: Hopscotch Rounds · Ages: 9 to 12 · Minutes: 11 · You need: a wall, chalk · Room: a room · What it is: Springiness — power — is strength and speed at the same time.
• Workout: Morning Stretch · Ages: 6 to 9 · Minutes: 6 · You need: a wall · Room: a bit of floor · What it is: Bendiness is a thing you train, like strength. It just takes longer.
• Workout: After Sitting All Day · Ages: 9 to 12 · Minutes: 8 · You need: a towel, a wall · Room: a bit of floor · What it is: Sitting still shortens things. Stretching gives them back.
• Workout: You Go, I Go · Ages: 7 to 9 · Minutes: 11 · You need: a wall · Room: a bit of floor · What it is: Resting while somebody else works is how you keep going for longer.
• Workout: Everybody Moves · Ages: 6 to 9 · Minutes: 12 · You need: a wall · Room: a room · What it is: A good class has everybody moving at once, not queuing for a turn.
• Workout: Quiet Six · Ages: 9 to 12 · Minutes: 16 · You need: a wall · Room: a room · What it is: A hard workout does not have to be a loud one.
• Workout: Ball and Back · Ages: 9 to 12 · Minutes: 14 · You need: a ball, a soft ball, a towel, a wall · Room: a room · What it is: Four shapes that every strong grown-up uses, learned with a ball.
• Workout: The Carry · Ages: 12 to 14 · Minutes: 15 · You need: a ball, a step, a wall, a backpack, two books · Room: a hallway · What it is: Carrying something a long way is the oldest kind of strong there is.
• Workout: Stair Ladder · Ages: 6 to 9 · Minutes: 11 · You need: a step, a wall · Room: stairs · What it is: Stairs are a hill that lives in your house.
• Workout: Out and Back · Ages: 9 to 12 · Minutes: 14 · You need: a wall · Room: a park or a hall · What it is: Fast and short builds a different thing from steady and long. You want both.
• Workout: Waddle and Kick · Ages: 5 to 6 · Minutes: 7 · You need: nothing · Room: a room · What it is: Moving low and moving on all fours are two things a body forgets how to do.
• Workout: Tummy and Back · Ages: 6 to 9 · Minutes: 10 · You need: a wall · Room: a bit of floor · What it is: Your middle goes all the way round: the front and the back both need a turn.
• Workout: Roll and Tumble · Ages: 7 to 9 · Minutes: 8 · You need: a wall, a cushion · Room: a room · What it is: Knowing how to land and how to roll is how a body gets back up unhurt.
• Workout: Hang and Climb · Ages: 9 to 12 · Minutes: 11 · You need: a towel, a wall, a climbing frame · Room: a park or a hall · What it is: Hanging off things is the oldest exercise there is, and most people stop doing it at about nine.
• Workout: Playground Feet · Ages: 5 to 6 · Minutes: 7 · You need: a wall · Room: a hallway · What it is: Before you can run well you have to own all the other ways of

travelling.
• Workout: Quick Feet · Ages: 9 to 12 · Minutes: 13 · You need: a wall · Room: a hallway · What it is: Quickness is your brain learning a pattern, not your muscles getting bigger.
• Workout: How Far Can You Jump? · Ages: 6 to 9 · Minutes: 11 · You need: a wall, chalk · Room: a hallway · What it is: Springiness is strength and speed happening at the same moment.
• Workout: Throw and Chase · Ages: 7 to 9 · Minutes: 10 · You need: a ball, a soft ball, a towel, a wall · Room: a room · What it is: Throwing is a whole-body move: it starts at your feet and finishes at your fingers.
• Workout: Slam and Press · Ages: 9 to 12 · Minutes: 14 · You need: a ball, a soft ball, a towel, a wall · Room: a room · What it is: Power is strength and speed at the same moment, and it is trained both ways round.
• Workout: The Long Carry · Ages: 12 to 14 · Minutes: 12 · You need: a ball, a wall, a jug, a basket · Room: a hallway · What it is: Carrying something a long way without leaning is a whole workout on its own.
• Workout: Mirror Workout · Ages: 6 to 9 · Minutes: 12 · You need: a wall · Room: a bit of floor · What it is: Copying somebody is the quickest way to learn a shape — your eyes teach your body.
• Workout: Pass and Squat · Ages: 9 to 12 · Minutes: 18 · You need: a soft ball, a towel, a wall, a shoe · Room: a hallway · What it is: Resting while somebody else works is how two people keep going longer than one.
• Workout: The Whole Hall · Ages: 9 to 12 · Minutes: 15 · You need: a wall, a shoe · Room: a hallway · What it is: A class of thirty should be thirty children moving, not four moving and twenty-six waiting.
• Workout: Corners · Ages: 6 to 9 · Minutes: 12 · You need: a wall · Room: a hallway · What it is: There are more ways of getting across a room than running, and children should own all of them.
• Workout: Before Bed Stretch · Ages: 6 to 9 · Minutes: 6 · You need: a wall · Room: a bit of floor · What it is: Slow stretching at the end of the day tells a busy body it is allowed to stop.
• Workout: Long Legs · Ages: 9 to 12 · Minutes: 7 · You need: a towel, a wall · Room: a bit of floor · What it is: Bendiness is trained like strength is. It just takes longer and feels like doing nothing.
• Workout: Desk Side Three · Ages: 6 to 9 · Minutes: 7 · You need: nothing · Room: a bit of floor · What it is: A few minutes of moving resets a brain that has been sitting still.
• Workout: Hold Still · Ages: 9 to 12 · Minutes: 14 · You need: a wall · Room: a bit of floor · What it is: Holding still is work. A muscle that is not moving can be working extremely hard.

• Workout: Bridge and Brace · Ages: 7 to 9 · Minutes: 10 · You need: a wall · Room: a bit of floor · What it is: The muscles that stop you wobbling are the ones nobody can see.
• Workout: Shoulders and Grip · Ages: 12 to 14 · Minutes: 11 · You need: a towel, a wall, a jug, a cushion, a climbing frame · Room: a park or a hall · What it is: Grip is the thing that gives out first, and almost nobody trains it on purpose.
• Workout: Rope and Toss · Ages: 9 to 12 · Minutes: 11 · You need: a soft ball, a jump rope, a wall · Room: a room · What it is: A rope teaches your hands and your feet to agree, which is a skill before it is fitness.

The nine shelves

• First Moves (6). Your very first workouts. Mostly animals. Start with Animal Parade and Red Light, Green Light Squats.
• Get Your Heart Going (7). Out of breath in a good way. Start with Up and Down the Hallway and Jump Rope Minute.
• Strong Like a Bear (7). Push, pull, hold on. Start with Push and Pull and Plank Party.
• Jump, Hop, Land (4). Up in the air, and down soft. Start with Land Like a Cat and Hopscotch Rounds.
• Carry, Lift, Throw (6). Pick something up the right way. Start with Ball and Back and The Carry.
• Bend and Stretch (4). Slow, long, and nobody is counting. Start with Morning Stretch and After Sitting All Day.
• Two of You (3). You need one other person. Start with You Go, I Go and Mirror Workout.
• A Whole Class (3). For a teacher with a hall full of kids. Start with Everybody Moves and The Whole Hall.
• Three Minutes, No Gear (4). Short, quiet, and anywhere. Start with Three Minute Shake-Out and Carpet Three.

By how much time there is

15 are eight minutes or less, warm-up and cool-down included: Animal Parade, Red Light, Green Light Squats, Five Little Monkeys, Teddy Bear Carry and Three Minute Shake-Out. Short counts. A few minutes done most days beats an hour done once a month, every time.

By what is in the house

5 need nothing at all: Animal Parade, Push and Pull, Plank Party, Waddle and Kick and Desk Side Three. 31 are quiet — no jumping, no stamping, nothing dropped — which is the list to use if somebody lives below: Animal Parade, Red Light, Green Light Squats, Teddy Bear Carry, Three Minute Shake-Out and Carpet Three.

The four levels, and what changes

- Level: Sprouts · Ages: 4 to 6 · Minutes of moving: 3 to 8 · Anything to carry?: nothing at all · A clock?: no clock and no score
- Level: Movers · Ages: 6 to 9 · Minutes of moving: 6 to 12 · Anything to carry?: nothing at all · A clock?: yes
- Level: Climbers · Ages: 9 to 12 · Minutes of moving: 7 to 20 · Anything to carry?: a ball, a towel, or a bag with a book or two · A clock?: yes
- Level: Athletes · Ages: 12 to 14 · Minutes of moving: 10 to 25 · Anything to carry?: a ball, a towel, or a bag with a book or two · A clock?: yes

The youngest level has no timer and nothing to beat, on purpose. Intensity is the last thing to arrive, not the first — and a coach in a room can judge a child's readiness in a way a screen cannot.

What a workout actually looks like

1. Warm up — three to five easy movements, about 25 seconds each.
2. Learn the moves — any movement the child has not opened before gets its film, its cues and the common mistake drawn, before a clock exists.
3. The workout — one film, one enormous number, the movement's name said aloud at every change, and a three-two-one countdown. A child on the floor cannot read a screen, so the voice carries it.
4. How did it go? — their time or their count, kept on their own device, with their own best and three faces for easy, just right or hard.
5. A game — for anyone under 4th grade, and it has no score at all.
6. Cool down — two to four slow stretches.

Is this safe?

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 there is nothing here about 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

How long should a workout for kids be?

Shorter than most people think. In this Gym a preschooler's is three to eight minutes of moving, a 6-to-9-year-old's six to twelve, a 9-to-12-year-old's ten to twenty, and a 12-to-14-year-old's fifteen to twenty-five. Those are ceilings, and every number on every workout page is worked out from the exercises in it rather than typed by hand.

Can kids do strength training?

They can learn the shapes, and that is worth doing early, because everybody picks things up all their life. What the research is clear about is that it needs qualified supervision, equipment that cannot fall on a child, and technique before load. A screen cannot supervise, so this Gym has no barbell, dumbbell or bench at all, and keeps the load to a ball or a bag with a book or two from 3rd grade. More for grown-ups.

What if there is no room?

Most of the Gym needs a bit of floor the size of a child lying down with their arms out. The front page has a chip for that, and another for how many minutes there are.

Where do these workouts come from?

The way this section thinks about fitness — ten general physical skills, three ways to move, "do it right, do it right every time, then do it fast", and ending a session with a game — comes from CrossFit's published training model and its CrossFit Kids program. Peabody is not affiliated with them. The safety rules here are our own, and in several places stricter.

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/workouts-for-kids