

Fun Exercise Videos for Kids

Fit Factory – Animals

<https://www.youtube.com/watch?v=6LndXdPdKaQ>

Move and Freeze

<https://www.youtube.com/watch?v=388Q44Re0WE>

Boom Chicka Boom

<https://www.youtube.com/watch?v=9nKq4jm4LD8>

Skip A Dee Do Da

<https://www.youtube.com/watch?v=CbzP4LEh3Es>

Body Bop

<https://www.youtube.com/watch?v=QwNBhy3L7vA>

Jungle Boogie

<https://www.youtube.com/watch?v=VIDcRSutPsE>

The Stretching Song

<https://www.youtube.com/watch?v=1ekRvKhsQGk>

Happy Dance

<https://www.youtube.com/watch?v=cQ6BPWylueQ>

Go Bananas

<https://www.youtube.com/watch?v=PKyuJhHQCfl>

