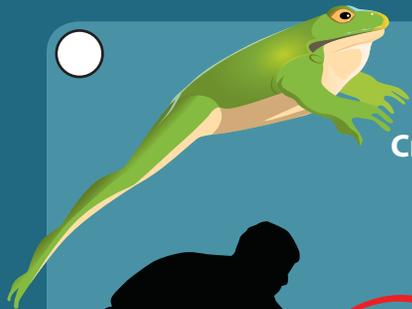




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# H.I.I.T. the Trail

H.I.I.T. (High Intensity Interval Training) is a style of exercise where you do intense activity followed by a short period of rest. Many pro athletes use it to increase their athletic ability. Let's ask some of the best animal athletes in the world to help us make our own H.I.I.T. workout!



## FROG HOP

Crouch down and hop forward like a frog.

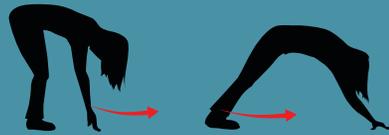


Frogs use muscular back legs to jump up to 20 times their body length!



## INCHWORM CRAWL

Walk your hands out in front of you and then walk your feet up to your hands.



Inchworms aren't actually worms at all, but are caterpillars.



## DUCK WALK

Crouch down with your hands on your head and waddle like a duck.



Ducks waddle because their bodies and feet are suited for movement in water.



## BAT FLAPS

Flap your arms like bat wings.



Little brown bats can flap their wings up to 20 times per second. How fast can you flap?

## LET'S GO!

Grab a stopwatch. Have one person call out the animal exercise and time the activity and rest periods. See if you can get through all four activities!



20 second activity

10 second rest

Not tired yet?  
Try another round!