Training Plan - "Strengthen Your Core - Body in Motion"

Here is a kid-friendly training plan that can be done at home without the need for equipment. Remember to consult with a doctor or fitness specialist before starting any new exercise routine.

Day 1:

1. Plank: hold for 20 seconds

2. Leg raises lying on your back: 10 repetitions

3. Bicycle crunches (imitating biking motion): 30 seconds

4. Rest: 1 minute

5. Repeat these exercises 2 more times

Day 2:

Rest day - outdoor activity like walking or biking.

Day 3:

1. Scissor kicks lying on your back: 10 repetitions

2. Plank with leg lifts: hold for 20 seconds (alternate lifting left and right leg every 5 seconds)

3. Crunches with knees bent, try to touch elbows to knees: 10 repetitions

4. Rest: 1 minute

5. Repeat these exercises 2 more times

Day 4:

Rest day - outdoor activity like walking or biking.

Day 5:

1. Plank with rotation: hold plank position, then slowly rotate torso, lift one arm up, return to starting position, and repeat with the other arm: 10 repetitions

2. Leg raises lying on your back: 12 repetitions

3. Lying on your back, knees bent, do bicycle crunches: 30 seconds

4. Rest: 1 minute

5. Repeat these exercises 2 more times

Day 6 and 7:

Rest days - outdoor activity like walking or biking.

Remember, the most important thing is to perform the exercises with proper technique, not the number of repetitions.