

# WORKOUTS OF STEEL

Have fun and stay active by creating your own workout. Follow along with this guide to build your own Kids of STEEL workout session!

## Step 1: Warm-Up

- Warming up is an essential part of a workout. It prepares your body for your workout by slowly raising your body temperature and activating muscles.

Choose and follow along to a warm-up video such as this [Dynamic Warm-Up](#).

## Step 2: Cardio

- Cardiovascular exercises, such as running, increase your heart rate and breathing. These types of exercises help to strengthen your heart and help pump blood more effectively throughout your body.

Follow along with a cardio workout such as this [5 Minute Intermediate Cardio Workout](#). Choose from a variety of [cardio workouts](#) with a range of videos for beginners, intermediate, and advanced athletes.

## Step 3: Workout

- There are various ways to move and to be active. You can switch up your routine by adding in a strength workout or a full body workout.

Add in a workout such as this [No Equipment Full Body Workout](#) to your workout routine to continue building strength and endurance.

## Step 4: Game/Challenge

- Incorporating a game or challenge into your routine can motivate and encourage you to keep moving!

Add in a challenge or a brain break, such as [Red Light, Green Light](#), into your workout routine to help keep you motivated!

**Follow along with this Workout of STEEL Session to get you started!**

**Warm-Up:** [Dynamic Warm-Up](#)

**Cardio:** [7 Minute Beginner Cardio Workout](#)

**Workout:** [Core Strength Workout](#)

**Game/Challenge:** ["This or That"](#)



**Find more videos and resources to create your own Workouts of STEEL session on [KidsofSTEEL.org](#), our YouTube channel, and @KidsofSTEELpgh on social media.**