

Family-Friendly Workouts

PrimeForMen | Practical worksheet | September 18, 2026

Adult supervision; clear floor, stable supports, comfortable clothing.

Example for an adult and school-age children; preschoolers use free play.

3 MINUTES: easy warm-up, steps, reaches and comfortable movement.

5 MINUTES: five stations, each 30 sec moving + 30 sec rest/transition.

Stations: sit-to-stand, wall push, balance; repeat two favorites.

Use the full article for individual age and ability adaptations.

5 MINUTES: dance / freeze game; leave space and take rests freely.

2 MINUTES: wind down with easy steps and a check-in.

No forced stretching, elimination games or body/weight comments.

Quiet option: grounded steps instead of jumping.

This session is one contribution to daily activity, not the whole target.

Next week: keep what was fun and change one disliked activity.

Participants / space check / each person's chosen easier option

Date / stations and game selected / breaks or swaps needed

What each person enjoyed / choice for the next session

Instructions and adaptations: primeformen.com/family-friendly-workouts/

Educational example, not individualized care. Stop for pain or unusual symptoms.