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**5 simple strength agility exercises every kid can do this** Feb 27 2020 web jul 17 2015 below are 5 simple activities with some coaching points that kids of any age can perform to develop their strength agility five great core agility exercises for kids lunges a lunge is a total body strengthening exercise the primary muscles worked in this exercise are the quadriceps hamstrings glutes and lower leg musculature

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