



Daddy's Workout Partner: #MySundayPhoto 05.17.15

Description

I'll never forget my first workout with our daughter. She was all but 2 weeks old and obviously as cute as can be in her little red jumpsuit, but still so intimidating.



Well, time has flown by (just as they all say it will) and that same baby is still coming to the garage with me and performing her own “workouts”. She’s even given a tutorial for [toddlers that want to partake in a little kettlebell training](#).

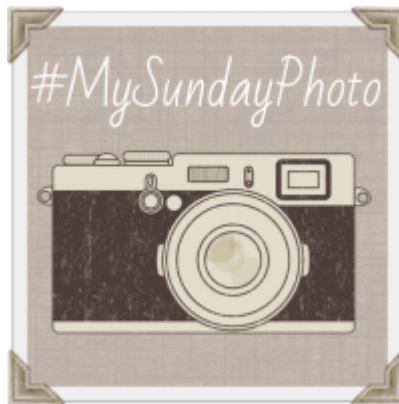
This week’s picture is of Avery with her toy kettlebell getting ready to do some swings with Daddy as we get warmed up. I love how she knows to get her kettlebell when my wife or I ask her to find it. She also has a “barbell” (wooden rod) that she knows to get when we say so. You can see the rod beside her.



She's grown so much and I look forward to more exercise and playtime fun as she grows. But there's no rush for that!

Do you ever bring your kids to workout with you?

Do your kids have any play exercise equipment?



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