

SUPER HERO CIRCUIT

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

1. BEND AND TOUCH YOUR TOES X 10

With your feet shoulder width apart, reach your arms straight to the sky as high as you can, now bend forward and touch your toes trying really hard to keep your legs straight.



2. LEAP X 20

Pretend to leap from building to building with big long steps.



4. JUMP AS HIGH AS YOU CAN IN THE ONE SPOT X 10

With your feet shoulder width apart, and arms by your side, bend down like you are going to sit on a chair, swing your arms and push your feet into the ground and jump into the air.



3. RUN AS FAST AS YOU CAN ON THE SPOT TO CATCH THAT BADDIE X 20 SECONDS

Make sure you move those arms and legs as fast as possible.



5. WALK ON YOUR TOES X 10 STEPS

Pretend you're sneaking and walk as quietly as possible.



6. COMMANDO CRAWL X 10

Lying on your tummy, pull yourself along the ground as quietly and quickly as possible.



EXERCISE
RIGHT

at home

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