

Power Cardio Strength Endurance

Pablo Pineapple

Super Star Card #9



Exercise: Squat
Exercise type: Lower body 4+
With your feet shoulder width apart, put your arms straight out in front of you like superman. Move to sit down as if sitting in a chair. Keep your head facing forward, don't round your back. Push through your heels back to the starting position.

Power Cardio Strength Endurance

OJ Orange

Super Star Card #43

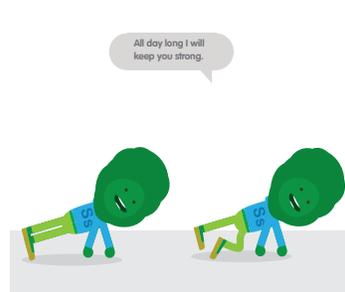


Exercise: Squat jump
Exercise type: All body 6+
Perform the squat exercise, strengthen your core and jump in the air explosively. Land back in the original squat position, repeat. Be sure to land in control. If you knees hurt when performing this exercise, perform a normal squat.

Core Cardio Strength Endurance Co-ordination

Suzy Spinach

Super Star Card #50



Exercise: Mountain climber
Exercise type: All body 6+
Begin in a push-up position, with your weight supported by your hands and toes. Bend your right knee and bring it up in the direction of your right hand, quickly switch to bring your left leg into this position and return your right leg back to straight and repeat, repeat, repeat!

Flexibility Cardio Strength Endurance Co-ordination

Adam Apple

Super Star Card #1



Exercise: Jumping Jacks
Exercise type: All body 3+
Start with feet together then jump to feet apart and hands all the way up over head. Back to the start. Repeat.

Flexibility Cardio Strength Endurance Co-ordination

Bobby Blackberry

Super Star Card #6



Exercise: Scissor arms
Exercise type: Upper body 3+
Point one hand to the sky and one to the floor then switch them. Keep switching using smooth slow and controlled movements.

Cardio Strength Endurance Co-ordination

Star Strawberry

Super Star Card #45

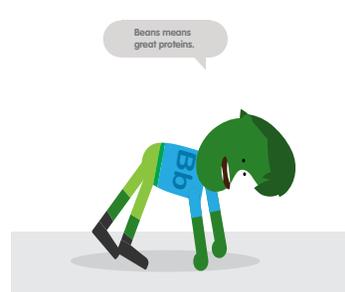


Exercise: Alternate L's
Exercise type: Upper body 4+
Make an L with each arm, upside down and the right way around. Then switch...keep switching them.

Agility Cardio Strength Endurance Co-ordination

Buddy Bear

Super Star Card #36



Exercise: Bear crawl
Exercise type: All body 3+
On all fours. With your bottom high in the air, step forward with one of your hands. Next step forward with the opposite foot. Step forward with the other arm and then other foot.

Strength Endurance Co-ordination Balance Core

Marilyn Mango

Super Star Card #22



Exercise: Superman (all 4's to 2's)
Exercise type: Trunk 4+
Begin on hands and knees. Raise and extend your right arm and left leg at the same time trying to remain balanced by keeping a strong core. Then return to starting position and switch, extending left arm and right leg together. Repeat.

Power Cardio Strength Endurance

Barry Banana

Super Star Card #40



Exercise: Tricep dip
Exercise type: Upper body 6+
Slowly bend your elbows to lower your body toward the floor. Once you reach the bottom of the movement, press down into the bench/floor to straighten your elbows, returning to the starting position.

Speed Agility Power Endurance Co-ordination

Lizzie Lemon

Super Star Card #46

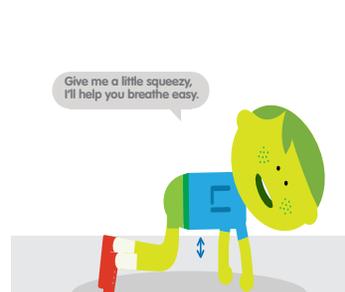


Exercise: Burpee
Exercise type: All body 6+
Begin standing tall, move into a crouch position with your hands on the floor in front of you. Then, kick your feet back into a push up position, return your feet back to the crouch position quickly then jump up into the air as high as you can.

Strength Endurance

Limmy Lime

Super Star Card #19



Exercise: Box press up
Exercise type: Upper body 3+
On your knees place your hands underneath your shoulders. Lower your chest slowly down towards the floor bending your elbows. Do not arch your back. Push back up to the start. Try to keep your toes pointing in the same direction.

Flexibility Cardio Strength Endurance

Cara Cauliflower

Super Star Card #26



Exercise: Arm circles
Exercise type: Upper body 3+
Stretch your arms out straight to the sides and circle them. Small circles, big circles, forwards and backwards.