

Flexibility Cardio Co-ordination

Lee Leek

Super Star Card #41



I can play a part in protecting your heart.

Exercise: Swimming arms
Exercise type: Upper body 3+
Use your arms to pretend you are swimming. Try using different strokes like the front crawl, breaststroke, the butterfly and the backstroke.

Flexibility

Coco Coconut

Super Star Card #24



I grow upon a tall palm tree, you get healthy fats and oils from me.

Exercise: Shoulder Circles
Exercise type: Upper body 3+
A gentle warm up. Circle your shoulders backwards and then forwards.

Flexibility Core Strength Endurance

Polly Pear

Super Star Card #44



I'm so sweet to taste and help your body get rid of waste.

Exercise: Rainbow twist with a ball
Exercise type: Trunk 3+
Sit up tall, knees bent. Twist your body to one side, tap your ball on the floor. Now twist to the other side and touch down once more. Make a beautiful rainbow every time you switch sides.

Flexibility Core

Olly Onion

Super Star Card #31



I clean your blood and fight disease, make sure you cook with lots of these.

Exercise: Hip circles
Exercise type: Trunk 3+
Stand tall with your hands on your hips. Raise your right knee in front of you, inline with your hips. Circle your hip to the right side, return your foot to the ground and repeat with the left leg.

Flexibility Cardio Balance Agility Co-ordination

Bobby Blackberry

Super Star Card #42



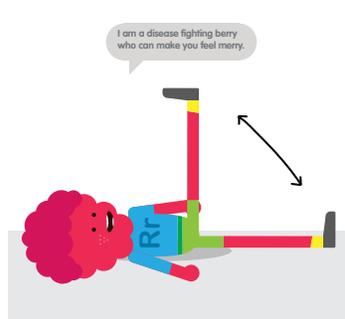
Eat a handful of me to keep you germ free.

Exercise: Torso twist
Exercise type: Trunk 6+
Standing up straight, raise one knee and bend the opposite elbow to almost touch, twisting at your midsection to bring the two joints together. Repeat to the opposite side.

Flexibility Strength Endurance Co-ordination Core

Rosie Raspberry

Super Star Card #3



I am a disease fighting berry who can make you feel merry.

Exercise: Scissor kicks
Exercise type: Trunk 4+
Lie on your back with hands by your sides. Raise two legs, toes pointing to the sky, lower one leg almost to the floor then switch and repeat.

Flexibility

Kiki Kiwi

Super Star Card #23



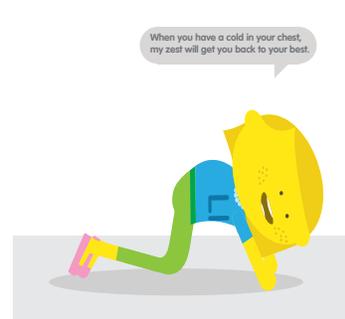
I remove congestion to help you with digestion.

Exercise: Frog
Exercise type: Yoga 3+
Squat down low with your toes turned out. Hands on the floor between your knees. Keep your back straight. You are a frog. Ribbit Ribbit.

Flexibility

Lizzie Lemon

Super Star Card #10



When you have a cold in your chest, my zest will get you back to your best.

Exercise: Cat
Exercise type: Yoga 3+
While on all fours, curl your back like an angry cat. Relax your head and breathe deep.

Flexibility Strength Core

Bea Broccoli

Super Star Card #49



I'm tall, I'm green, I look like a tree, I'm full of Calcium and Vitamin C.

Exercise: Warrior stretch
Exercise type: Yoga 3+
Start with feet wide apart, right toes are pointing ahead, left toes pointing slightly outwards. Raise your arms to the side to shoulder height, bend your front knee into a low lunge. Make sure that your knee does not move forward past your ankle as this puts too much pressure on your knee.

Flexibility

Barry Banana

Super Star Card #2



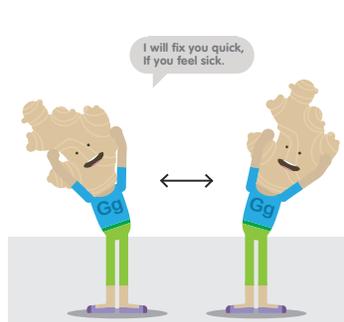
I give you energy fast and slow when you want to go go go!

Exercise: Touch your toes
Exercise type: Lower body 3+
From a standing position. Bend from your waist and touch your toes. Try to straighten your legs as you go.

Flexibility Core Balance

Gigi Ginger

Super Star Card #17



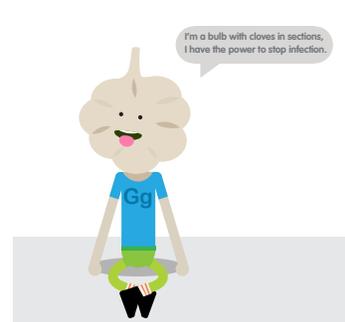
I will fix you quick, if you feel sick.

Exercise: Side Stretch
Exercise type: Trunk 3+
Standing up straight feet together arms pointing to the sky, take a deep breath in, bend to one side with no forward or backward lean at any point.

Flexibility

Gary Garlic

Super Star Card #34



I'm a bulb with cloves in sections, I have the power to stop infection.

Exercise: Lion
Exercise type: Yoga 3+
To be a wild Lion, criss cross your legs and sit up tall. Stretch out your tongue, your arms and fingers and breathe out your Lion call... haaaaaa.