

Agility Cardio Strength Endurance Co-ordination

**Buddy Bean** Super Star Card #36

Beans means great proteins.



**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

I am bursting with Vitamins A, B and C I will keep your eyes and skin healthy.



**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.

Core Cardio Strength Endurance Co-ordination

**Suzy Spinach** Super Star Card #50

All day long I will keep you strong.



**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!

Strength Endurance Core

**Caz Cucumber** Super Star Card #12

I can help your joints to flow and encourage your hair to grow.

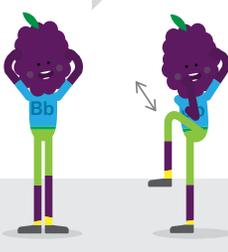


**Exercise: Plank**  
**Exercise type: Yoga 3+**  
Face down, resting on your forearms or palms on the floor, bench or step. Raise up onto lippy toes. Keep your back in a straight line from head to heels. Be strong, no drooping in the middle. Breathe deep.

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 to together. Repeat to the opposite side.

Power Cardio Speed Agility Co-ordination

**Kurly Kale** Super Star Card #20

Let it be known, I'm the best for strong skin and bone.

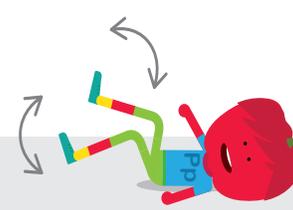


**Exercise: Twist jump**  
**Exercise type: Trunk 3+**  
Feet together, arms out to the side. Jump and twist to one side, then the other. Bend your knees as you land. Keep going, how many can you do?

Cardio Strength Endurance Core

**Pippa Pepper** Super Star Card #37

I am bursting with Vitamin C to keep your body young and healthy.

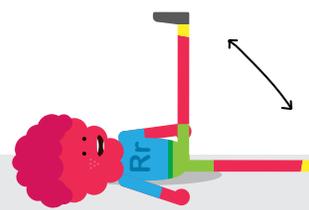


**Exercise: Bicycle**  
**Exercise type: Trunk 3+**  
On the floor lying on your back. Ride your imaginary bicycle. Cycle fast cycle slow.

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.

Strength Endurance Core

**Billie Blueberry** Super Star Card #5

I protect every cell and help your brain work well.

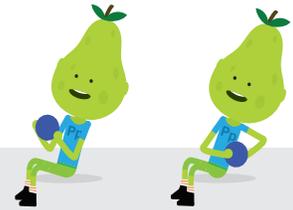


**Exercise: Crab walk**  
**Exercise type: Trunk 3+**  
Walk on all 4's, tummy facing up like a table top (pretend you have a smoothie on there that you dont want to spill!). Try not to drag your bottom on the floor. Can you walk? Can you kick out one leg, then the other?

Flexibility Core Strength Endurance

**Polly Pear** Super Star Card #44

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

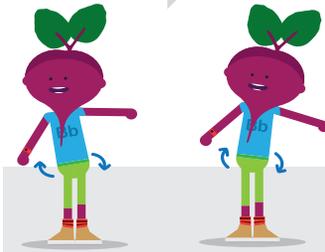


**Exercise: Rainbow twist with a ball**  
**Exercise type: Trunk 3+**  
Sit up tall, knees bent. Twist your body to one side, tap your ball on the floor. Now twist to the other side and touch down once more. Make a beautiful rainbow every time you switch sides.

Flexibility Co-ordination Core

**Benny Beetroot** Super Star Card #16

I can make you stronger so you can run for longer.

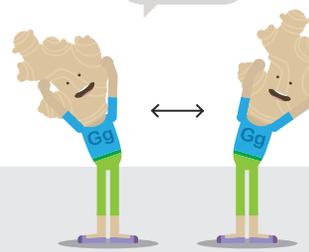


**Exercise: Waist Circles**  
**Exercise type: Trunk 3+**  
Stand in place and make a circle with your waist. First one way then the other.

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.