

# SUPERHERO



# POWER PLAN

**MON**

**Strength**



**Speed**



**Stretching**



**TUES**

**Strength**



**Speed**



**Stretching**



**WED**

**Strength**



**Speed**



**Stretching**



**THURS**

**Strength**



**Speed**



**Stretching**



**FRI**

**Strength**



**Speed**



**Stretching**



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# POWER KEY

## MISSION

### Mission Objective



- ✓ Heroes don't just sit—they MOVE! Every bit of exercise you do makes you stronger and happier. Try 60 minutes of superhero action each day. The screen can wait—let your muscles play!

## STEPS

### Super Instructions

- ✓ Make yourself a 60 minute power workout for the next couple of days. These can be for your strength, speed, or stretching, and you can do the same exercise again. Good luck!

## EXAM PLES

### Strength

- ✓ Pushups
- ✓ Sit-ups

### Speed

- ✓ Walking
- ✓ Bicycling

### Stretching

- ✓ Touch toes
- ✓ Butterflies

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