

SUPERHERO



POWER PLAN

MON

Strength



Speed



Stretching



TUES

Strength



Speed



Stretching



WED

Strength



Speed



Stretching



THURS

Strength



Speed



Stretching



FRI

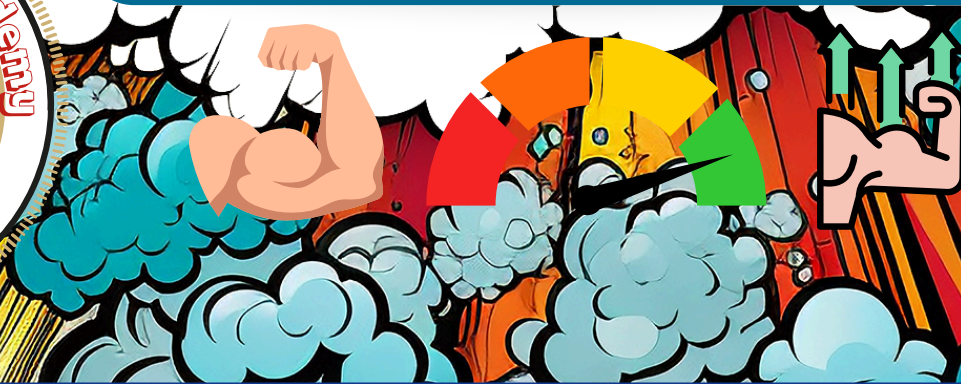
Strength



Speed



Stretching



SUPERHERO 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!

EXAMPLES

Strength

- ✓ Pushups
- ✓ Sit-ups

Speed

- ✓ Walking
- ✓ Bicycling

Stretching

- ✓ Touch toes
- ✓ Butterflies

SUPERHERO