

# The Superhero Fitness Challenge

## Running

**Running:** A good running technique - **Arms:** Hands travel from hip to lip. **Legs:** Knees come up in line with your hip and moves as fast as you can, one at a time.



**Spiderman:** Run on the spot for one minute.



**Batman:** Run on the spot for two minutes.



**Superman:** Run on the spot for five minutes.

## Star Jumps

**Star Jumps:** 1. Clap your hands above your head, as you jump your legs out to the side. 2. Jump your legs together as you bring your arms down to your side.



**Spiderman:** Do 10 star jumps.



**Batman:** Do 15 star jumps.



**Superman:** Do 20 star jumps.

## Squats

**Squats:** 1. Stand with legs shoulder width apart. 2. Keeping your back straight, bend your knees until your bottom is line with your knees. 3. Stand back up.



**Spiderman:** Do 10 squats.



**Batman:** Do 15 squats.



**Superman:** Do 20 squats.

## Punches

**Punches:** 1. Stand with your legs shoulder width apart and knees bent. 2. Punch one hand forward in line with your shoulders. 3. Bring your hand back to your shoulder, as you punch forward the other hand. 4. Repeat as fast as you can.



**Spiderman:** Do for one minute.



**Batman:** Do for two minute.



**Superman:** Do for five minute.