

Today's Schedule

1.



Learning Target

2.



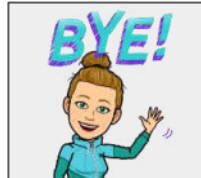
Warm-up

3.



Character Workout

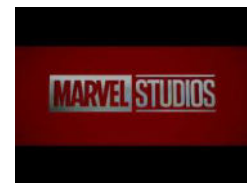
4.



Gym is Done

Time to Workout!

Character Workout





Sitting Workout

or



Standing workout

Superman



BOTH ARMS ABOVE HEAD & LEAN TO SIDE



Seated



Standing

Batman & Robin

PUNCHES



Seated



Standing

Hulk

BICEP CURLS



Seated



Standing

Captain America

SHOULDER SHRUGS



Seated



Standing

Wonderwoman

ARM CIRCLES



Seated



Standing

Black Panther



ANKLE ROLLE OR LUNGES



Seated



Standing

Thor

WINDMILLS



Seated



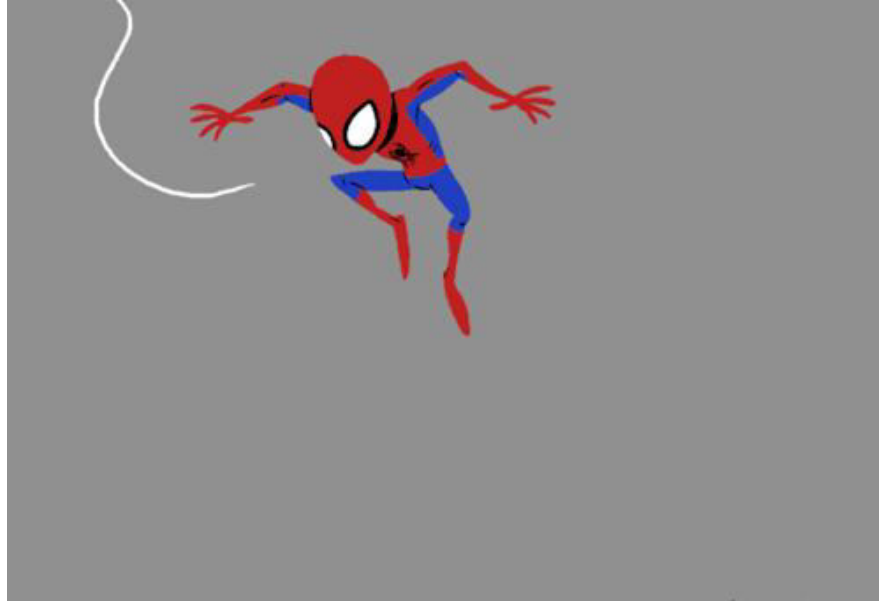
Standing

Spiderman

ARM OVER HEAD & LEAN TO SIDE



Seated



Standing

Iron Man

WRIST ROLLS



Seated and Standing

Wolverine



OPEN & CLOSE HAND



Seated or Standing

Storm

FRONT ARM RAISES



Seated



Standing

Cyclops

NECK STRETCH UP AND DOWN



Seated



Standing

The Flash

RUNNING ARMS/RUN IN PLACE



Seated



Standing

Green Lantern

BOTH ARMS REACH UP



Seated



Standing

Aquaman

SWIMMING ARMS



Seated



Standing

Antman

TOE TOUCHES



Seated



Standing

The Wasp

SIDE ARM RAISES OR JUMPING JACKS



Seated



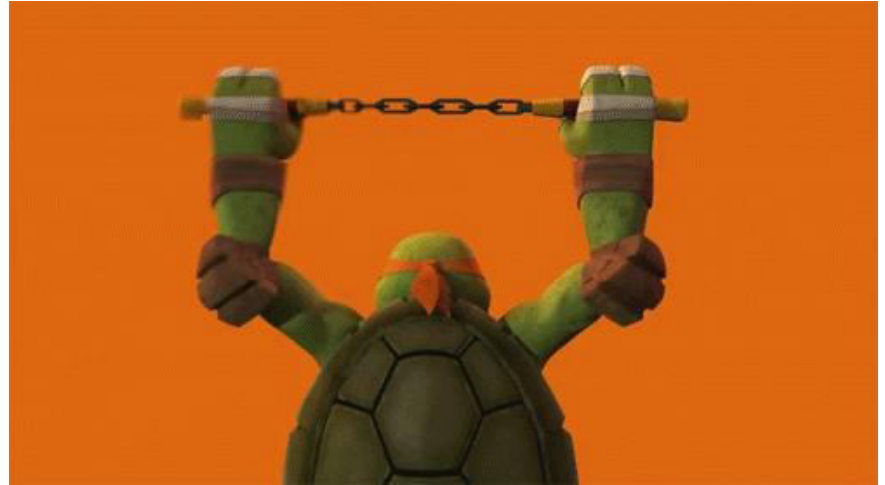
Standing

Ninja Turtles

MOVE WRIST UP & DOWN



Seated or Standing



Mario

OVERHEAD PUNCHES



Seated



Standing

Donkey Kong

SHOULDER TAPS



Seated



Standing

Princess Peach

MOVES ARMS & WIGGLE FINGERS



Seated



Standing

Yoshi

LEG RAISES



Seated



Standing

Boo

NECK STRETCH SIDE TO SIDE



Seated



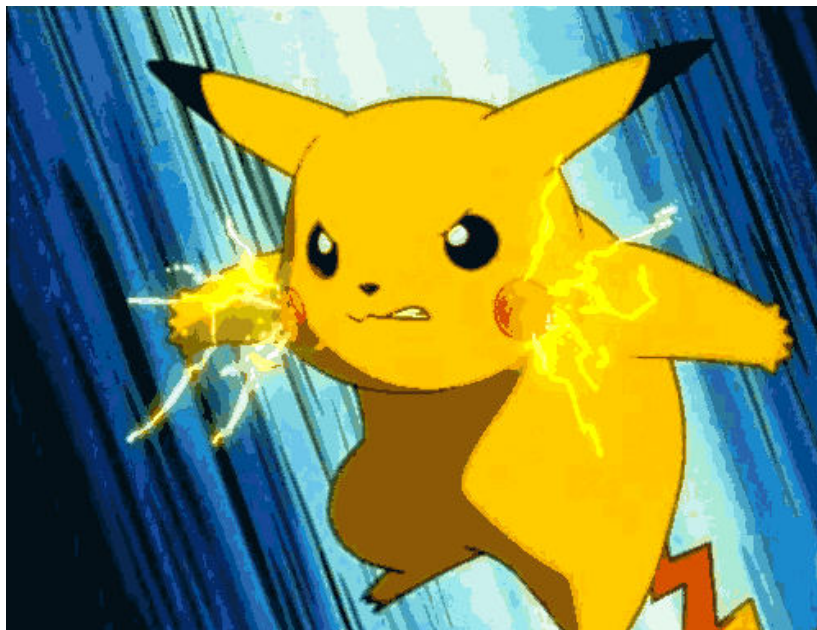
Standing

Pikachu

SIDE TWISTS



Seated



Standing

Ash

FINGERS TOUCH ABOVE HEAD



Seated



Standing



DONE