



# COBRA POWER



Hi Intermediates!

I hope that everyone had a good week and you've enjoyed your workouts and got a chance to get outside and enjoy some fresh air! It's Friday....to make it a FUN FRIDAY, and set us up for a fantastic weekend, I put together some optional "Superhero Workouts" for you to try! Maybe see if you can get your family involved. I hope everyone is finding creative ways to stay active and strong. Maybe think about who your favourite Superhero is and what qualities that they have that you admire while you workout today? Enjoy! Stay strong Kortright, stay active!

Feel free to try any of the activities. Email me if you have any questions or problems with the links at [spetersen@ugcloud.ca](mailto:spetersen@ugcloud.ca)

Happy Friday Everyone!

Take care! Mrs. Petersen



# **SUPERMAN WORKOUTS**



## **Superman Kids Workout**

Ryler's Superhero Workout

<https://youtu.be/OzH8SezPKBM>

## **Superman Chest Workout**

(no equipment)

Daniel Flefil

<https://www.youtube.com/watch?v=4BOZEhGvZvs#action=share>

## **Justice League Fitness**

### **Tabata Workout**

Michael Ginicola

<https://www.youtube.com/watch?v=u8lZfNrA17w>

## **5 minute Superhero Kids Workout**

<https://www.youtube.com/watch?v=cvMbkw2572k>

**MY FAVOURITE WORKOUT THIS WEEK:**