



COBRA POWeR



Hi Primary Students!

I hope that everyone had a good week and you've enjoyed your workouts and got a chance to get outside for some fresh air. It's Friday....and to make it a FUN Friday, I thought I'd send out some **optional** Superhero Workouts for you to try with your families at home! Some of these workouts take place in a park, obviously right now ALL PARKS ARE CLOSED, but that doesn't have to stop us from getting our workouts in at home or in our yards. Exercises can be modified or omitted to suit your space and how your body is feeling today. For example, the 1st video with Ryler, takes place in a park, we can't go to the park, but we can do step ups from stairs at home or a sidewalk curb, push offs can be done from a table or countertop, the bar hangs can't be done at home unless you have a play structure or chin up bars, but you can substitute push ups, chair dips, or crab walks and get the same effect. Hope this sets you up for a "Super" weekend! Enjoy!

Feel free to try any of the activities. Email me if you have any questions or problems with the links at

spetersen@ugcloud.ca

Happy Friday Everyone! Mrs. Petersen



SUPERMAN WORKOUTS



Superman Kids Workout

Ryler's Superhero Workout

<https://youtu.be/OzH8SezPKBM>

Move Like The Avengers

Les Mills Workout

<https://www.youtube.com/watch?v=uYi1kyMeFHQ>

Justice League Fitness

Tabata Workout

Michael Ginicola

<https://www.youtube.com/watch?v=u8IZfNrA17w>

5 minute Superhero Kids

Workout

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

MY FAVOURITE WORKOUT THIS WEEK:

I like the Justice League Fitness. It is my favourite workout this week because I love do push-ups. I also love to do the mountain climbing exercises.