

DIRECTIONS:

PERFORM EACH EXERCISE FOR 30 SECONDS TO BEAT THE LEVEL.

YOU WILL THEN HAVE 10 SECONDS TO REST.

HAVE FUN!



MARIO
000000

100

WORLD
1-1

TIME

HERE
WE GO!

©1985 NINTENDO



1 PLAYER GAME

2 PLAYER GAME

TOP- 000000



TIME TO WARM-UP!



NECK STRETCH UP & DOWN



0:19



SEATED



STANDING

REST

10



BEND AND SCOOP



0:19



SEATED



STANDING

REST

10



HIGH KNEES



0:19



SEATED



STANDING

AGIF.

REST

10



TOE TOUCHES



0:19



SEATED



STANDING

REST

10



MARIO
000

SIDE BICEP CURLS

TIME
387



0:19



SEATED



STANDING

REST

10



DUCKING



0:19



SEATED

STANDING

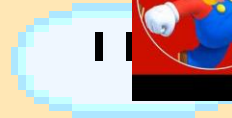
REST

10





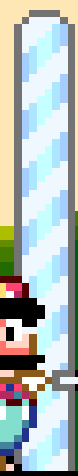
SIDE TWISTS



0:19



SEATED



STANDING

REST

10



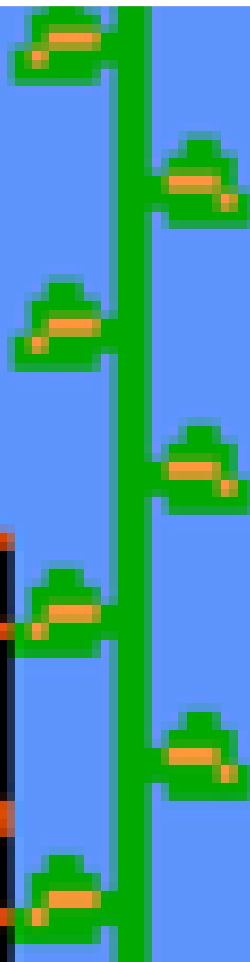
CLIMBING ARMS



0:19



SEATED



STANDING

REST

10



SWIMMING ARMS



0:19



SEATED



STANDING



REST

10



ARMS CROSS



0:19



SEATED

STANDING

REST

10



MARIO
000200

FRONT ARM RAISE

WORLD
1

TIME



0:19



SEATED



STANDING

REST

10



MARIO
024850



SIDE REACHES

WLD
1/2

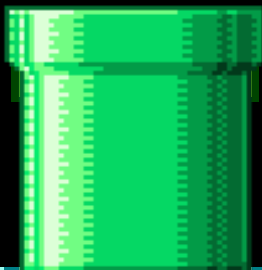
TIME
2/2



0:19



SEATED



STANDING

REST

10



MARIO
024850

PUNCHES

WORLD
1-2

TIME
1-2



0:19



SEATED

STANDING

REST

10



LEG KICKS



SEATED

STANDING

REST

10



x94

48



RUN IN PLACE

03004120



0:19



SEATED

STANDING

REST

10



MARIO
318850

ARM CIRCLES

WORLD
2-4

TIME
3



0:19



SEATED

STANDING



REST

10



MARIO
318850

SIDE STEP/LUNGES

WORLD
4
TII
13



0:19



SEATED



STANDING



REST

10



MARIO
055200

JUMP

WORLD
1-4

TIME
22



0:19



SEATED

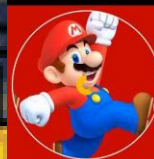
STANDING

REST

10



NECK STRETCH SIDE TO SIDE



0:19



SEATED

STANDING

REST

10



WINDMILLS



0:19

SEATED

STANDING

REST

10



SHOULDER PRESS



0:19



SEATED



STANDING

TIME TO STRETCH!



WAY TO GO!

