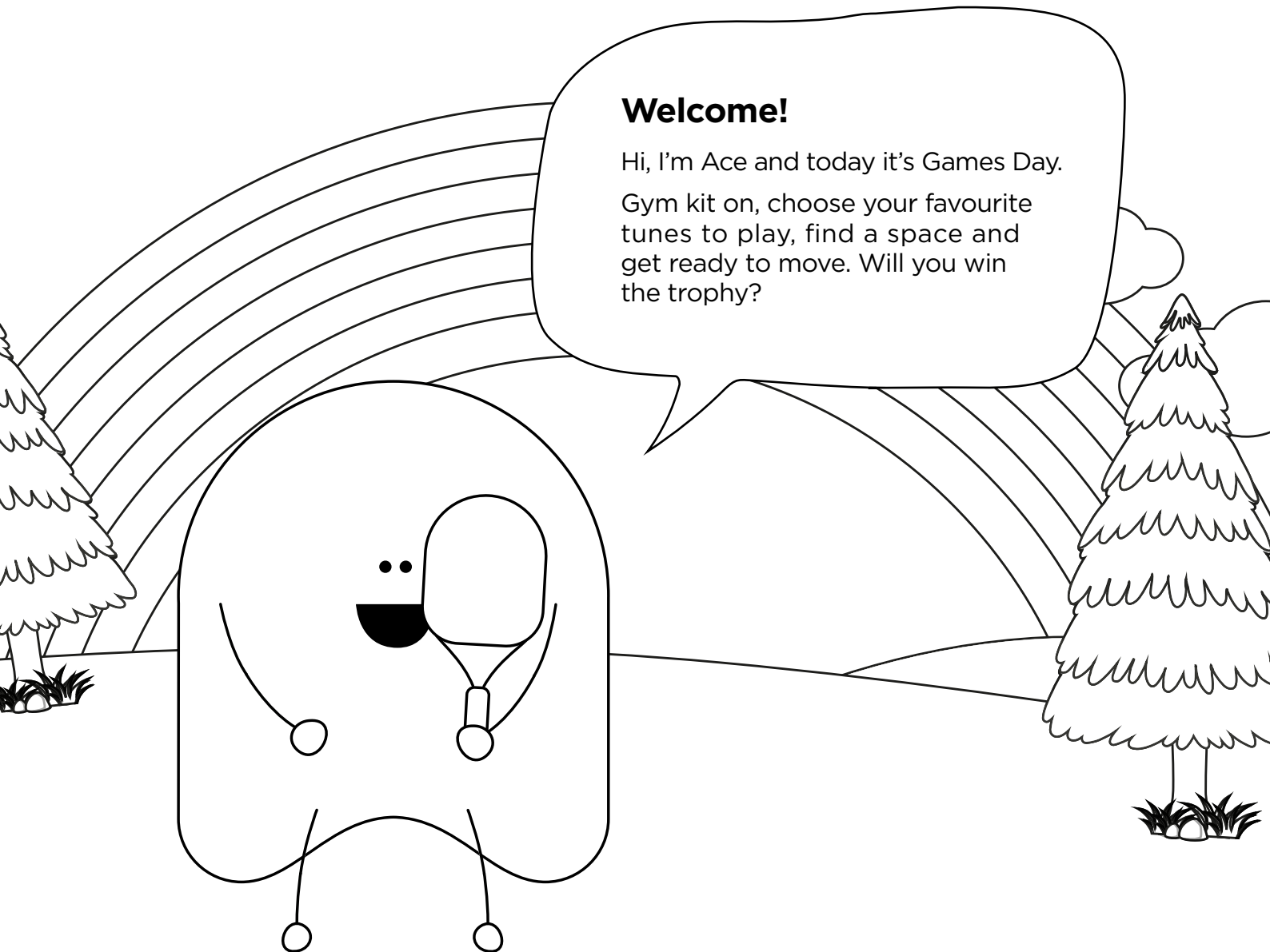


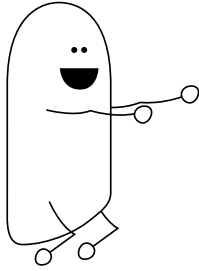
# The Super Seven's Games Day Activity Club

## Welcome!

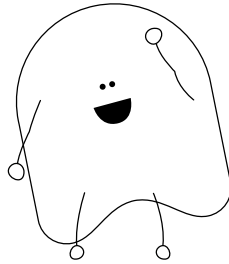
Hi, I'm Ace and today it's Games Day.  
Gym kit on, choose your favourite  
tunes to play, find a space and  
get ready to move. Will you win  
the trophy?



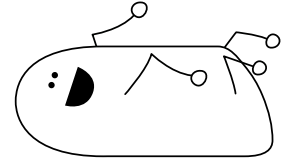
## Warm up (repeat x3)



**#1** Start with squats. Bend your knees to a sitting position, arms out, hold for 3 seconds. Do 10 of these.

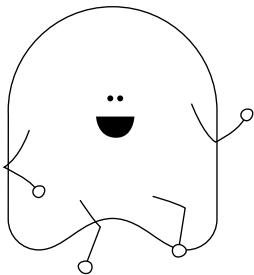


**#2** Side stretch with your feet hip width apart, stretch one arm up and lean one way, then the other. Do 10 of these.

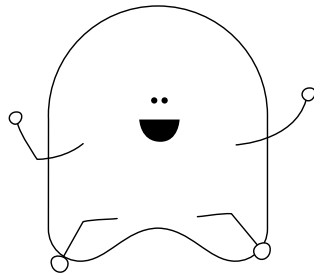


**#3** Let's cycle. Lie on your back, arms on the floor, feet in the air and pedal steadily for 60 seconds.

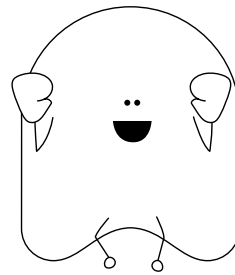
## Main workout (repeat x3)



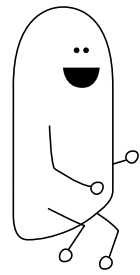
**#1** Run on the spot, keep your knees high, start slowly then build up speed. Do these for 60 seconds.



**#2** It's the high jump. Jump up high, then touch the floor. Do 10 of these.

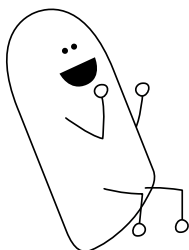


**#3** Now boxing. Skip on the spot as you punch forwards x15, punch upwards x15

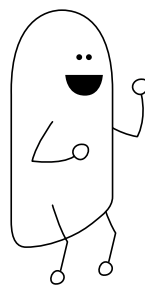


**#4** Time for the relay. Place 3 small toys around the room. Run to pick up one and return it to your start point. Do this for each toy.

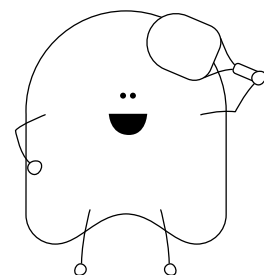
## Cool down



**#1** Row, row, row your boat. Sit on the floor, move backwards and forwards with a rowing action, knees slightly bent. Do these 15 times.



**#2** Ski down the hill. Stand with your feet hip width apart, bend your knees, move both arms back one side then the other like you're skiing. Do 20 of these.



**#3** Tennis is game on. Swing your arm low then high as if hitting a ball. Do these 10 times, each side.

**Finished your workout? Now you can colour me in!**

Snap a picture/video and tag @VirginActiveUK and we'll show off your moves.