

A cartoon character named Spud, a round, egg-shaped figure with a smiling face, wearing a space helmet and a spacesuit. It has small arms and legs, and is standing on a wavy, cratered surface representing a planet or moon. The background is a starry space scene with various planets and stars.

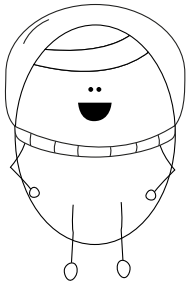
### Welcome!

Hi, I'm Spud and today we're doing a workout in space.

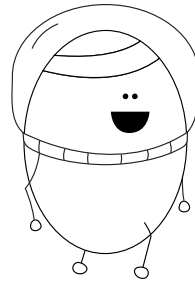
Dress up like an astronaut, choose your favourite tunes to play, find a space and get ready to move.

# The Super Seven's SPACE ACTIVITY CLUB

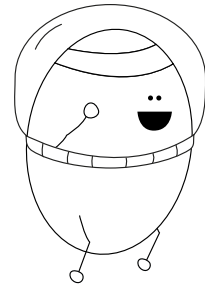
## Warm up (repeat x3)



**#1** Stand with your feet shoulder width apart and bounce up and down. Do 10 of these.

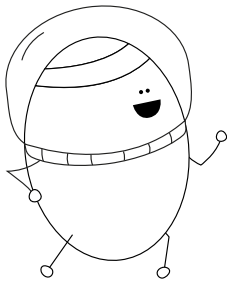


**#2** Walk in a circle in slow motion, like you're on the moon. Do 3 of these.

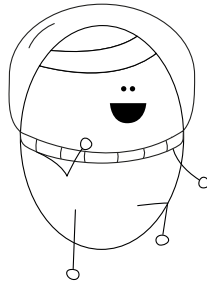


**#3** Swim through space moving your arms for 30 seconds.

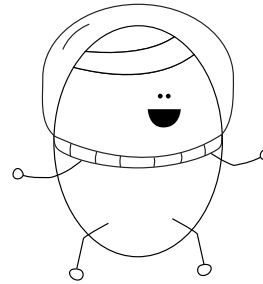
## Main workout (repeat x3)



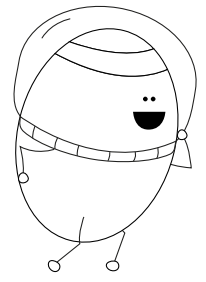
**#1** Walking lunges around the moon. Hold each lunge for 2 seconds. Do 10 of these.



**#2** High knees up. Start slowly and get faster, faster, faster! Do this for 30 seconds.

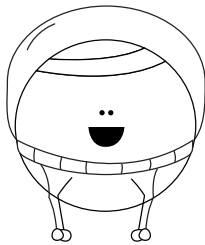


**#3** Bounce up and down so your feet leave the floor. Do this for 60 seconds.

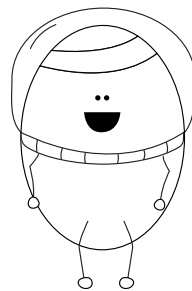


**#4** Do the moonwalk across the room for 30 seconds.

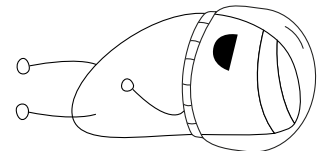
## Cool down



**#1** Touch your toes then reach up for the stars with a nice big stretch. Do these 5 times.



**#2** Shoulder rolls forwards 5 times, then backwards 5 times.



**#3** Lie on your back and close your eyes. Arms by your sides. Imagine you're floating in space. Aaaaand relax for 45 seconds.

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

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