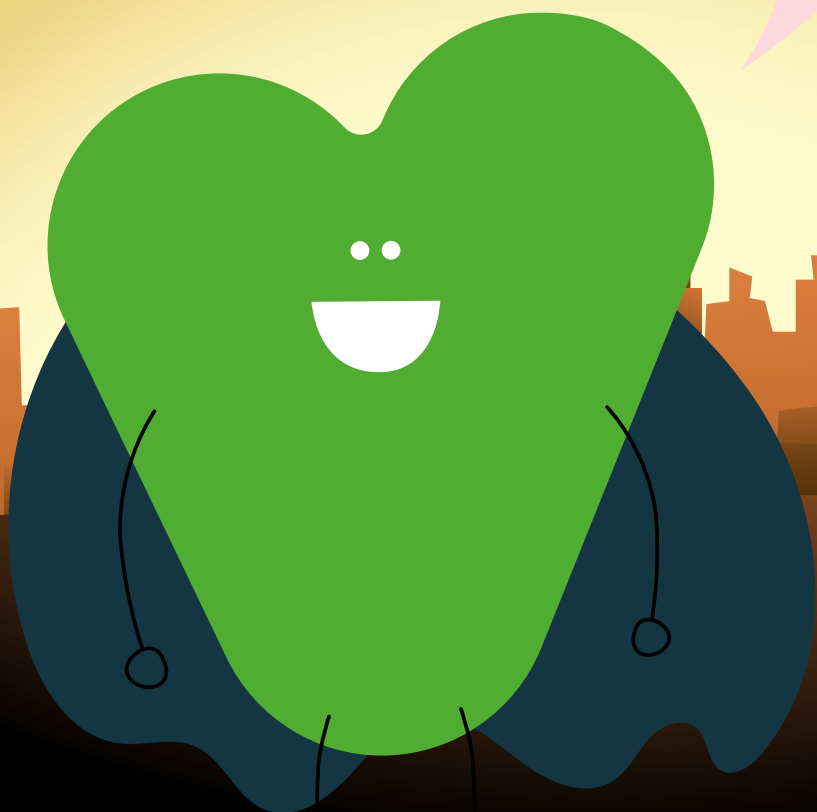


# The Super Seven's SUPERPOWERS ACTIVITY CLUB

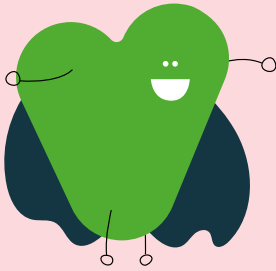
## Welcome!

Hi, I'm Brock and today we're doing a superpowers workout.

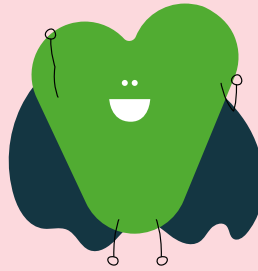
Grab a cape, wear face paints as a disguise, choose your favourite tunes to play, find a space and get ready to move.



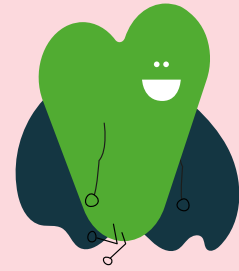
## Warm up (repeat x3)



**#1** Stand with your feet shoulder width apart, swing your arms round in full circles. Do 10 of these forwards, then 10 backwards.

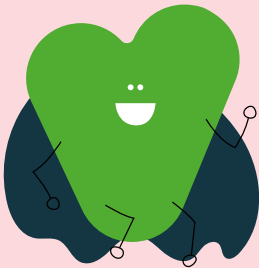


**#2** Reach up to the sky with a tall stretch, one arm then the other. Do 10 of these.

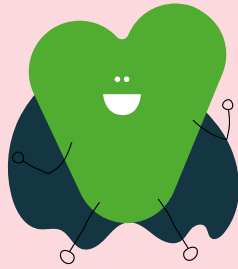


**#3** Butt kicks, start slowly, then speed it up. Do this for 30 seconds.

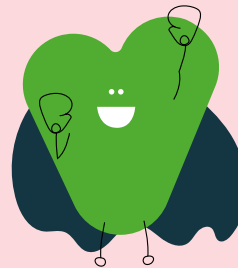
## Main workout (repeat x3)



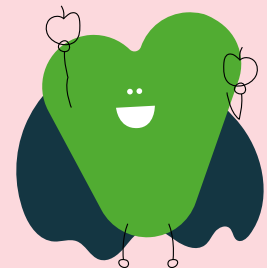
**#1** Run on the spot. Start slow and get faster. Build up your super speed! Do this for 30 seconds.



**#2** Jump up high. Use your super bounciness to jump high then crouch on the floor and do a Yeeehaaaa! Do 10 of these.

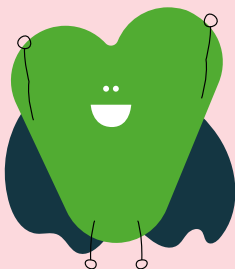


**#3** Do 10 punches forward. Do 10 punches up to the sky. Do 10 punches out to the side.

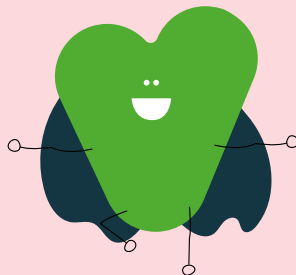


**#4** Lift a piece of fruit in each hand. Use your super strength to lift them up, left then right. Do these 10 times.

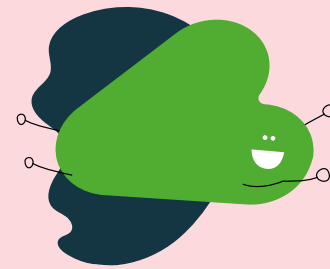
## Cool down



**#1** Stretch up high to the sky as if you can fly. Do these 15 times.



**#2** Balance on one foot, then the other. Each foot for 20 seconds.



**#3** Lie on your tummy on the floor. Raise your arms and legs and hold for 20 seconds. Do these 3 times.

**Well done! You did it. See you next time.**

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