

Flexibility **Coco Coconut** Super Star Card #24



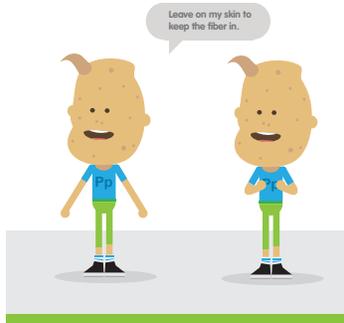
**Exercise:** Shoulder Circles  
**Exercise type:** Upper body 3+  
A gentle warm up. Circle your shoulders backwards and then forwards.

Flexibility Cardio Strength Endurance **Cara Cauliflower** Super Star Card #26



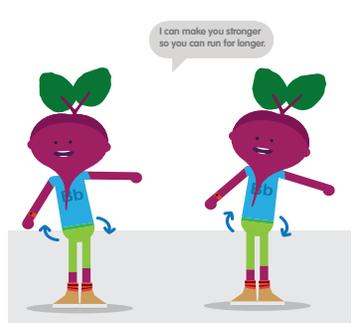
**Exercise:** Arm circles  
**Exercise type:** Upper body 3+  
Stretch your arms out straight to the sides and circle them. Small circles, big circles, forwards and backwards.

Strength Endurance Co-ordination **Paddy Potato** Super Star Card #29



**Exercise:** Bicep curl  
**Exercise type:** Upper body 3+  
From straight, bend your arm at your elbow and bring your clenched fist, weight or bean bag close to your shoulders. Your upper arms should stay still. Only the forearms move. Your body should not lean backward or forward at any time. Lower slowly and repeat.

Flexibility Co-ordination Core **Benny Beetroot** Super Star Card #16



**Exercise:** Waist Circles  
**Exercise type:** Trunk 3+  
Stand in place and make a circle with your waist. First one way then the other.

Flexibility Core **Olly Onion** Super Star Card #31



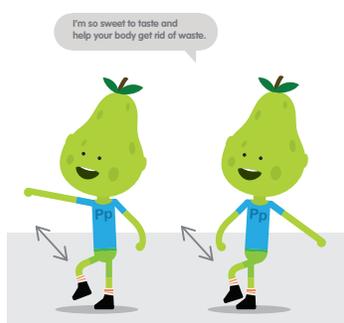
**Exercise:** Hip circles  
**Exercise type:** Trunk 3+  
Stand tall with your hands on your hips. Raise your right knee in front of you, inline with your hips. Circle your hip to the right side, return your foot to the ground and repeat with the left leg.

Power Cardio Speed Agility Co-ordination **Kurly Kale** Super Star Card #20



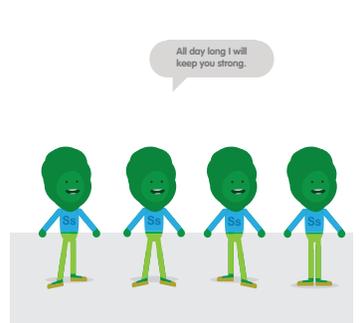
**Exercise:** Twist jump  
**Exercise type:** Trunk 3+  
Feet together, arms out to the side. Jump and twist to one side, then the other. Bend your knees as you land. Keep going, how many can you do?

Cardio Balance Speed Co-ordination **Polly Pear** Super Star Card #8



**Exercise:** Knee raise  
**Exercise type:** Lower body 3+  
Stand up tall, feet together and raise your knee until your femur (the longest bone in your body) is straight, lower and switch legs. March 2, 3, 4.

Accuracy Co-ordination **Suzu Spinach** Super Star Card #15



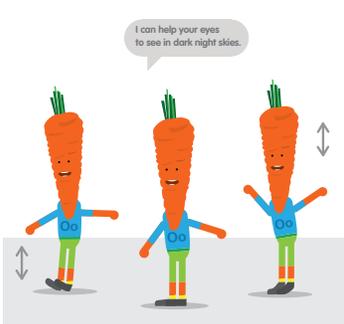
**Exercise:** V step  
**Exercise type:** Lower body 3+  
1. Wide step forward with one leg. 2. Wide step forward with the other leg. 3. First leg steps back. 4. Second leg steps back together. Repeat.

Flexibility Cardio Balance Co-ordination **Scot Squash** Super Star Card #38



**Exercise:** Leg curl  
**Exercise type:** Lower body 3+  
Bend your knee to bring your heel up to the back of your thigh and return to the ground. Switch legs.

Flexibility Balance Co-ordination **Chris Carrot** Super Star Card #13



**Exercise:** Heel to toe  
**Exercise type:** Lower body 3+  
Stand in place, lift your toes, keeping your heels on the floor. Hold for a count of five. Lower slowly. Lift your heels, keeping your toes on the floor. Repeat.

Speed Cardio Power Endurance **Adam Apple** Super Star Card #39



**Exercise:** Jog on the spot  
**Exercise type:** All body 3+  
Put a smile on your face and run in place.

Cardio Balance Speed Co-ordination **Carol Cranberry** Super Star Card #32



**Exercise:** Skip  
**Exercise type:** All body 3+  
If you do not have a skipping rope, imagine you do. Throw it over your head and JUMP, JUMP, JUMP.