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INTRODUCTION

WELCOME TO THE TRAINING GROUND

Dear Parents & Super Kids, You don't need a gym, heavy weights, or expensive machines to become strong. You have the best machine in the world right here—**Your Own Body!**

This book contains 20 powerful moves.

- **The Animal Moves** will make you flexible.
- **The Turbo Moves** will make you fast.
- **The Power Moves** will make you strong.

Clear some space in the living room, put on your favorite music, and let's get moving!



PART 1: THE JUNGLE GYM (Animal Movements)

These exercises mimic animals. They are great for warming up and full-body coordination.

1. THE BEAR CRAWL

How to Do It:

1. Get down on all fours (hands and feet), but keep your knees hovering off the ground.
2. Keep your back flat like a table. Look forward.
3. Move your right hand and left foot forward at the same time.
4. Then move your left hand and right foot. Crawl across the room like a grizzly bear!

The Super Power (Benefits):

- **Full Body Strength:** It forces your shoulders, chest, and legs to work together.
- **Brain Booster:** Moving opposite limbs (Right Hand + Left Foot) improves "Cross-Lateral Coordination," which helps the left and right sides of the brain talk to each other.

2. THE CRAB WALK

How to Do It:

1. Sit on the floor with your feet flat and hands placed behind your back.
2. Push your hips up towards the ceiling so you are hovering off the floor.
3. Walk backward (or sideways) using your hands and feet.

The Super Power (Benefits):

- **Anti-Slouching:** This opens up the chest and shoulders, which is perfect for kids who sit hunched over screens.
- **Tricep Strength:** It builds strong arms (the back of the arms) and glutes.

3. THE FROG JUMP

How to Do It:

1. Stand with feet wide apart.
2. Squat down low until your hands touch the floor between your feet (like a frog).
3. Explode upwards! Jump as high as you can and reach for the sky.
4. Land softly back into the squat position. "Ribbit" noise is optional!

The Super Power (Benefits):

- **Explosive Power:** This develops "Fast-Twitch Muscle Fibers," which help you run faster and jump higher in sports.
- **Hip Mobility:** Deep squatting keeps the hip joints healthy and flexible.

4. THE DUCK WALK

How to Do It:

1. Squat all the way down until your bottom is near your heels.
2. Keep your chest up (don't lean forward too much).
3. Walk forward while staying in this low position. Try not to s tand up!

The Super Power (Benefits):

- **Leg Endurance:** This creates a deep burn in the thighs (quads), building incredible stamina.
- **Ankle Stability:** It strengthens the ankles, helping prevent injuries when running.

5. THE GORILLA SHUFFLE

How to Do It:

1. Squat down low.
2. Place both hands on the floor to your right side.
3. Hop both feet over to the right to meet your hands.
4. Move hands to the right again, and hop feet. Shuffle sideways across the room.

The Super Power (Benefits):

- **Agility:** This improves lateral (side-to-side) movement, which is crucial for sports like football, tennis, and basketball.
- **Upper Body Support:** It teaches arms to support body weight momentarily.

6. THE INCHWORM

How to Do It:

1. Stand tall. Bend at the waist and touch the floor (keep legs as straight as possible).
2. Walk your hands forward until you are in a push-up position (Plank).
3. Hold for a second.
4. Now, take tiny steps with your feet to walk towards your hands, keeping legs straight.

The Super Power (Benefits):

- **Flexibility:** This gives a deep stretch to the hamstrings (back of legs).
- **Core Stability:** Moving from standing to a plank engages the tummy muscles effectively.

7. THE DONKEY KICK

How to Do It:

1. Get on your hands and knees (Tabletop position).
2. Keep your knee bent at 90 degrees.
3. Lift one leg up towards the ceiling, as if you are stamping your footprint on the roof.
4. Lower it without touching the floor and repeat.

The Super Power (Benefits):

- **Posterior Chain:** It strengthens the lower back and the glutes (bottom muscles).
- **Spine Protection:** Strong glutes help support the back during sitting and running.



PART 2: THE TURBO ZONE (Cardio & Energy)

These exercises get the heart pumping.
Great for burning off sugar and energy!

8. JUMPING JACKS (Star Jumps)

How to Do It:

- Stand straight with arms by your side (Pencil shape).
- Jump your feet wide apart while clapping your hands over your head (Star shape).
- Jump back to the Pencil shape immediately. Repeat quickly.

The Super Power (Benefits):

- **Heart Health:** This gets blood pumping to every corner of the body.
- **Rhythm & Coordination:** Teaching the arms and legs to move in sync improves general athletic ability.

9. MOUNTAIN CLIMBERS

How to Do It:

1. Start in a Push-Up position (Plank).
2. Bring your Right Knee towards your chest.
3. Quickly switch legs, kicking the Right leg back and bringing the Left Knee in.
4. It looks like you are running against the floor!

The Super Power (Benefits):

- **Core Endurance:** Your abs have to work hard to hold you up while your legs move.
- **Calorie Burn:** This is one of the fastest ways to burn energy in a short time.

10. BURPEES (THE ULTIMATE CHALLENGE)

How to Do It:

1. Stand tall.
2. Drop down, place hands on the floor, and jump feet back (Push-up position).
3. Jump feet back in towards hands.
4. Jump up high into the air!

The Super Power (Benefits):

- **Total Body Conditioning:** It uses chest, arms, abs, and legs all at once.
- **Metabolism Boost:** Doing 10 burpees wakes up the body's metabolism instantly.

11. SKIER JUMPS (LINE JUMPS)

How to Do It:

1. Imagine a line on the floor.
2. Keep your feet together.
3. Jump quickly from left to right over the line.
4. Keep your knees soft and bouncy.

The Super Power (Benefits):

- **Reaction Speed:** It trains the feet to move quickly (Quick Feet).
- **Joint Strength:** The side-to-side motion strengthens the knees against twists.

12. HIGH KNEES

How to Do It:

1. Run on the spot.
2. But instead of a normal jog, try to lift your knees up to your waist height.
3. Pump your arms at the same time.

The Super Power (Benefits):

- **Speed Training:** This mimics the form of professional sprinters.
- **Hip Flexor Strength:** Strong hip flexors help you run faster and kick harder.

13. BUTT KICKS

How to Do It:

1. Run on the spot.
2. Try to kick your own bottom with your heels on every step.
3. Keep your upper body straight.

The Super Power (Benefits):

- **Dynamic Stretching:** This stretches the Quadriceps (front thigh) while moving.
- **Hamstring Speed:** It trains the hamstrings to contract quickly.

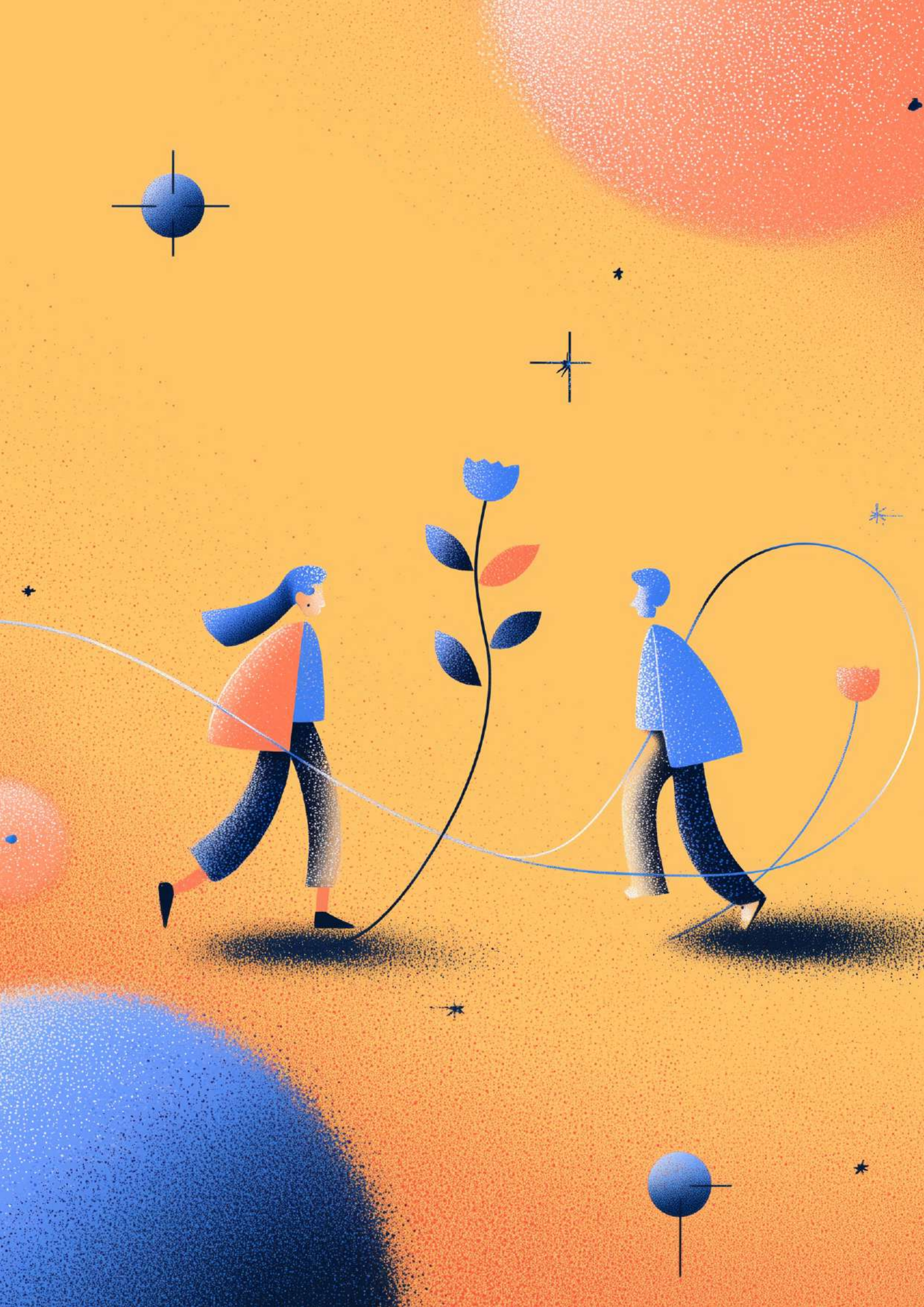
14. BALLOON KEEP-UP

How to Do It:

1. Blow up a balloon.
2. The Rule: It must never touch the floor.
3. Use hands, head, elbows, or feet to tap it up.

The Super Power (Benefits):

- **Hand-Eye Coordination:** You must track a moving object and move your body to meet it.
- **Spatial Awareness:** You learn to navigate the room without bumping into furniture while focused on the balloon.



PART 3: THE STATUE ZONE (Strength & Focus)

These exercises are about control balance, and building muscle

15. THE PLANK (The Log)

How to Do It:

1. Lie on your tummy.
2. Lift your body up on your elbows and toes.
3. Keep your body straight like a wooden plank. Don't let your
4. hips sag down or poke up.
5. Hold as long as you can!

The Super Power (Benefits):

- **Posture Perfection:** It builds a corset of muscle around the spine, helping kids sit and stand straight.
- **Mental Focus:** Holding still when it gets hard teaches mental resilience.

16. THE WALL SIT (Invisible Chair)

How to Do It:

1. Lean your back against a wall.
2. Slide down until your knees are bent like you are sitting in a chair.
3. Hold it! No hands on knees!

The Super Power (Benefits):

- **Isometric Strength:** This builds rock-hard thigh muscles without moving a muscle.
- **Joint Stability:** It strengthens the tendons around the knee cap.

17. SUPERMAN LIFTS

How to Do It:

1. Lie flat on your tummy. Arms stretched out in front.
2. Lift your arms, chest, and legs off the floor at the same time.
3. Look like Superman flying! Hold for 3 seconds, then lower.

The Super Power (Benefits):

- **Back Health:** It reverses the effects of sitting hunched over tablets/books.
- **Spine Strength:** It strengthens the Erector Spinae muscles that run along the backbone.

18. THE FLAMINGO (ONE-LEG BALANCE)

How to Do It:

1. Stand on one leg. Lift the other foot and rest it on your calf (not the knee).
2. Put hands together in prayer position or wide like wings.
3. Try to close your eyes for a "Super Challenge".

The Super Power (Benefits):

- **Proprioception:** This fancy word means "knowing where your body is."
- **Ankle Strength:** All the little wobbles strengthen the tiny muscles in the foot and ankle.

19. WHEELBARROW WALK

(Note: Requires a partner - Parent or Sibling)**How to Do It:**

1. The kid gets into a push-up position.
2. The partner grabs the kid's ankles and lifts them up.
3. The kid walks forward using only their hands!

The Super Power (Benefits):

- **Shoulder Stability:** The arms have to carry the majority of the body weight.
- **Teamwork:** You have to communicate with your partner to move at the same speed.

20. SIT-UP HIGH FIVES

How to Do It:

1. Lie on your back, knees bent, feet flat.
2. Parent holds the feet down (or tuck them under a sofa).
3. Sit all the way up and give a High-Five at the top! Lower back down.

The Super Power (Benefits):

- **Core Strength:** Strengthens the abdominal wall (Rectus Abdominis).
- **Functional Movement:** Being able to sit up from a lying position is a vital life skill.