

Crunches

1



Hi kids,

This is how I do crunches. I lift my upper body like I'm sitting up, then I go back down again. Try doing 10 sit ups.

I know you can do it!

High Jump

2



Hi kids,
After eating SportsCandy I have lots of energy.
Try jumping 10 times really high up in the air.

That's what I call energy!

A stylized signature logo for SportsCandy, written in a cursive, handwritten style.

Jumping Jacks

3



Hi kids,
Try doing jumping jacks as often as you can!

This gives me energy!

Lift 'n' Clap

4



Hi kids,

Lift your legs up - one at a time - and clap your hands together underneath your legs. Try doing it as many times as you can.

Believe in yourself!

Spartan

Palms on the Floor

5



Hi kids,

It's really important to remember to stretch.
Try standing up straight, then leaning forward
until your palms touch the floor.
Try doing this 5 times.

Let's go!

Pendulum

6



Hi kids,

Stand up straight and then swing one leg at a time to each side. Try to switch legs faster.

Try doing as many as you can.

Go kids!

Sportacus

Push-ups

7



Hi kids,
I do lots of push-ups every day to stay strong.
Do as many as you can!

You can make it happen!

A stylized signature in black ink that reads "Sports".

Run on the Spot

8



Hi kids,

Get your energy up by running on the spot.
How fast can you run?

Take it all the way!

Spartan

Sit Against The Wall

9



Hi kids,

Try sitting up against the wall and keeping your back straight for as long as you can. Try clapping your hands while sitting.

Believe in yourself!

Sporticus

Spiderwalk

10



Hi kids,
Can you walk like a spider?
Try walking backward and forward.

Keep up the good work!

Stretching

11



Hi kids,

It's really important to remember to stretch.
Stand with your legs apart and stretch to each
side. Try doing this 10 times.

Let's go!

A stylized signature in cursive script, likely reading "Sports", is located in the bottom right corner of the page.

Skipping Rope

12



Hi kids,

Pretend you have a skipping rope in your hands. Try jumping as many times as you can. Can you jump on one leg?

Let's go!

A stylized signature in black ink, likely reading "Sports Illustrated", is located in the bottom right corner of the white area.

Lunges

13



Hi kids,

Take one step forward and bend your knees, then push back up again. Do as many as you can. Remember to switch legs.

No one's lazy in LazyTown!

A stylized signature of the character Sportacus, written in a cursive, flowing script.

Stand On One Leg

14



Hi kids,

Can you stand on one leg? Try holding it as long as you can. Remember to switch legs.

Keep up the good work!

A stylized signature in black ink, likely reading "Sports Illustrated".



**SUPER
HERO
MOVES**

**LAZY
TOWN**