

## **Fitness Super Heroes by Sandy Hagenbach**

### **Word**

### **Actions**

**Fitness Super Heroes we want to know  
Helps us choose our 60, now GO!**

**Break:**

**Hold, lift, push weight not too long \*\*  
Super Strength makes muscles strong  
Stronger muscles is what you'll get  
Stronger bones, now you're set**

**Break:**

**Fitness Super Heroes we want to know  
Helps us choose our 60, now GO!**

**Break:**

**Wiggle and jiggle like cooked spaghetti  
Fantastic Flex keeps muscles ready  
Flexible muscles and joints should be  
Helps keep them healthy and injury free**

**Break:**

**Fitness Super Heroes we want to know  
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**Break:**

**Heart is beating, heavy breathing  
Captain Cardio your heart is needing!  
Cardio maintains weight with ease  
Keeps your heart free from disease**

**Break:**

**Fitness Super Heroes we want to know  
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**Break**

**On and on and on you go  
Endless Endurance takes time to grow  
Break**

**Fitness Super Heroes we want to know  
Helps us choose our 60, now GO!**

**Break**

**Hold muscle man pose  
Jump and touch head, fist pump on GO!**

**(Burppe and then burppe into a plank)**

**Hold Plank**

**Hold Plank**

**Hold Plank**

**Hold Plank**

**(Hold plank for 4 counts then get up)**

**Hold muscle man pose  
Jump and touch head, fist pump on GO!**

**(arm circles)**

**Wiggle and Jiggle like cooked spaghetti**

**Wiggle and Jiggle like cooked spaghetti**

**Reach up/touch toes-Toe touches**

**Reach up/touch toes-Toe touches**

**(twist)**

**Hold muscle man pose  
Jump and touch head, fist pump on GO!**

**(double time run fast in place)**

**Jog in place and tap heart**

**(double time run fast in place)**

**Hold muscle man pose  
Jump and touch head, fist pump on GO!**

**(Jumping Jacks)**

**Jumping Jacks**

**Jumping Jacks**

**(squats)**

**Hold muscle man pose  
Jump and touch head, fist pump on GO!**

**(Mover's Choice)**

\*\*\*We teach strength as hard work, muscles get tired, lift, push, carry & pull for a short time. We also teach endurance as doing something for a long time. When students move to the next level they separate muscular strength and muscular endurance.