9. Superhero Workout

Stand up power up me and you
We're gonna do what superheroes
usually do
We're gonna fly far into outer space
And we just might have a race

We're gonna run fast jump high over a
tower
'Cause every superhero needs
MORE POWER!

Oh Yeah! It's time to work our bodies out because every superhero needs to stay in shape. So follow my lead.

Now put your hands on your hips
And show me that pose
Pose? What pose?
Your Superhero pose!
Come on and muscle up
Yeah that's how we roll
Whoa dude! Look at my muscles!

Now slide to your left and show
me that pose
Slide to your right you've got muscles
to show
Now put your hands up - YEAH!
Put your hands up - YEAH!
Put your hands up - OH YEAH!
And fly

Okay. Time to work out those legs and heart with a super-fast run!

Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!

Hey look! I think there's something hiding over there! What do you think it is?

Now use your super vision
To see what's concealed
Look he just threw something at us!
A car's flying towards us
Use your force field
Force field on!

Now slide to your left and show me
that pose
Slide to your right you've got muscles
to show
Now put your hands up - YEAH!
Put your hands up - YEAH!
Put your hands up - OH YEAH!
And lift the car!

Alright we're not done yet. Let's run and jump one more time!

Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!
Run! Jump the tower! - WHOOP!

Now show me how strong you are by lifting your superhero weights!

Come on lift your weights
It's time to power up
Hey this is fun!
Push them up and down

Let me see you pump
I'm getting stronger!

Now slide to your left and show me
that pose
Slide to your right you've got muscles
to show
Now put your hands up - YEAH!
Put your hands up - YEAH!
Put your hands up - OH YEAH!
And fly

Great job everybody! You've just
completed the Superhero Workout!

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ACTIVITY SUGGESTIONS: This will be a fun physical activity to get your superheroes ready to take on the day. Here are the suggested movements: *"Now put your hands on your hips and show me that pose"* — fists on hips with chest out. *"Come on and muscle up"* — flex your muscles. *"Put your hands up and fly"* — hands and arms in front of you. *"Run! Jump the tower!"* — run in place then jump. *"Now use your super vision"* — use your hands as binoculars. *"Use your force field"* — hands at your sides, spread the out wide and make an X in front of your chest. *"Come on lift your weights"* and *"Push them up and down, let me see you pump"* — hold imaginary weights beside your head and push them up and down. These are certainly not all the movements as some of them did not require explanation. You can modify to meet the needs of your children or even let them create their own.