

# **SUPERHERO**

## **ACTION LIST**

Perform each action and check it off when complete.

**BALANCE ON ONE FOOT FOR 10 SECONDS**

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**JUMP IN PLACE 10 TIMES**

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**RUN IN PLACE FOR 10 SECONDS**

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**STOMP YOUR FEET IN PLACE 10 TIMES**

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**WALK BAKWARDS FOR 10 STEPS**

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**BEND AND TOUCH YOUR TOES 10 TIMES**

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**WIGGLE YOUR BODY FOR 10 SECONDS**

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**DO 10 JUMPING JACKS**

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**SKIP FOWARD 10 TIMES**

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**DO 10 CRUNCHES**

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