Warm UP -Justice League Workout

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Superman:

A. PUSH UPS
B. PLANK TO PUSH UP POSITION
C. PLANK ROCK BACK AND FOURTH ON TOES

Supergirl:

A. MT. CLIMPERS
B. SCISSOR KICKS
C. SIT UP – STRAIGHT LEG OPPISTITE LEG LIFT TO OPPOSITE HAND

Batman:

A. SQUAT JUMPS
B. SKATERS
C. HIGH KNEES

Wonder Woman:

A. SQUAT PUNCH
B. PLANK JACKS
C. PLANK SHOULD TOUCH

Cyborgs:

A. SIDE SQUATS
B. POWER LUNCH
C. LEAP FROG – BACK PEDDLE

Aquaman:

A. SQUAT JUMPS
B. LUNGE
C. PIKE

Flash

A. RUN IN PLACE
B. ALT LEG LUNGE WITH A FRONT KICK
C. SQUAT WITH A FRONT KNEE DRIVE TO A SIDE KNEE DRIVE