

THE HEROES WORKOUT



Our **Heroes Workout** is designed to keep you active and healthy and is a great way to honor the essential heroes fighting on the front line for our health and safety!

Always do this **Heroes Workout** with adult supervision. Drink plenty of water before, during, and after the **Heroes Workout**.

Visit bradfoxday.com or the **Bria Method Facebook** page for an instructional video.



Flash
(High Knees)



Hulk Smash
(Squat Jacks)



G.I. Joe
(Punches)



Superman
(Forward Lunge
to Arm Extension)



Batman
(Mountain
Climbers)



Wonder Woman
(Reverse Lunge
to Forward Kick)



Spider-man
(Low Plank Knee to Elbow)



Thor
(Push-ups)



Captain America
(Chops)



Black Widow
(Burpees)



Each movement
30 seconds

Beginners
Complete 2 rounds
every other day

Advanced
Complete 4 rounds
every other day

Be sure to ask your mom or dad
to share pictures of your workout.

#BFFStrongerTogether
#fightforthe frontline

