

SUPERHERO TRAINING

Be a super athlete



➤ Let's do the warm-up.

Grade your result in the box. (Valora el teu resultat a la casella).

A. Totally completed. B. Nearly Completed. C. Incomplete.

Avengers HIIT Fitness Warm up



➤ Try superhero training.

Try to follow the videos and rest between them. (Intenta seguir els vídeos i descansa entre ells). Una altra opció és repartir-los en diferent dies.

SPIDER-MAN HIIT WORKOUT



THE BLACK PANTHER' Workout For Kids



SUPERGIRL KIDS WORKOUT



The Batman Kids Workout

