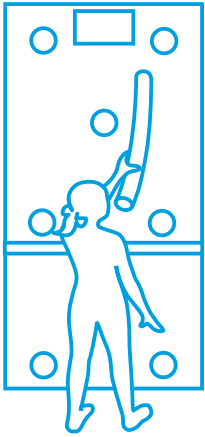


JUNIOR INDIVIDUAL WORKOUT

Try 1, 2, or 3 sets of each exercise
System will auto-reset after time expires

STATION



← WARM-UP -- Flexibility Fun with Noodles!

- Hold noodle in your hand and reach to the lighted target
- to put light out
- Jump up HIGH to reach top targets!
- Scrunch down LOW to knock out bottom targets!
- Try changing the noodle from your right hand to left hand
- and see if it stretches different body parts
- Check your score after each set

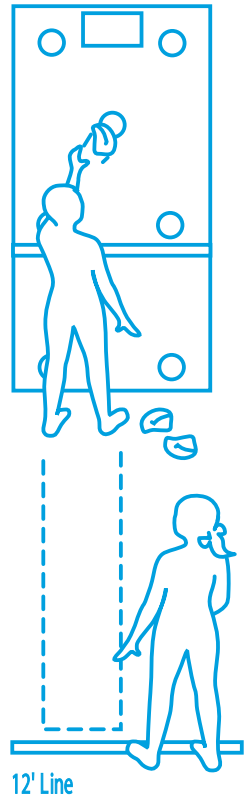
PUSH
TO
SELECT

CARDIO -- Bean bags for your heart! →

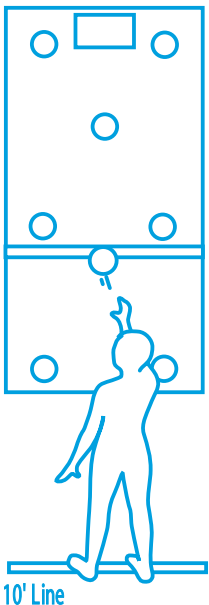
- Stand at the 12' line with 3 bean bags on the ground
- by your feet
- Pick up one beanbag and throw it to one of the lighted
- targets for 5 points
- Reach down and pick up the next bean bag and throw it to a target
- Reach down and pick up the last bean bag and throw it to a target
- Run up to the station and pick up all 3 of your bean bags
- Sprint back to the start line and put your bean bags on the floor
- Throw the beanbags again and repeat until your time is up
- Check you score

PUSH
TO
SELECT

STATION



STATION



← SKILL -- Throw and Catch a ball!

- Start at the 10' line with a playground ball in your hand
- Throw the ball OVERHAND at the panel for 5 points
- Catch the rebound with both hands
- Throw the ball UNDERHAND at the target for 5 points
- Keep throwing and catching until your time is up
- Check your score
- Try and throw the ball as many different ways as you can

PUSH
TO
SELECT

COOL-DOWN -- Noodle Music!

- Stand in front of the station with a noodle in your hand
- Hit the first lighted target to play the first part of the song
- Hit the next lighted target for the next part of the song
- Play the whole song 2 or 3 times all the way through
- Be sure and listen so you can play the tune with rhythm
- You can also play the song using your hands to hit the targets

PUSH
TO
SELECT →

STATION

