

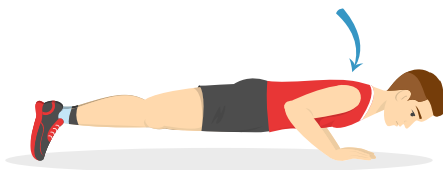
WARM UP!

ULTRAMAN
RISING
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Whether playing in the big leagues as superstar athlete Ken Sato, or fighting monsters as a superhero, Ultraman must stay in shape. Physical activity should always start with a stretch. Stretch your body with the exercises below before taking on a physical activity this summer!

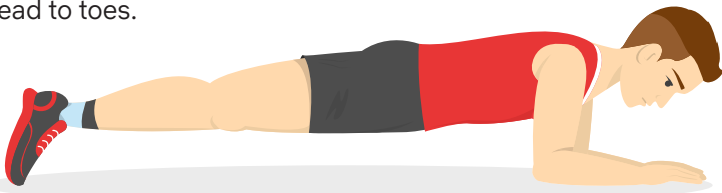
PUSH-UP CHALLENGE

Find a deck of cards and pile in a stack facing down. Flip over one card from the stack so that the card is facing up. The number/face value of the card will equal how many pushups you will do (2 = 2 pushups, 3 = 3 pushups, etc.). Face cards, Ace, Jack, Joker, King, and Queen each equal 10 pushups.



PLANK

Planks are great, core-strengthening workouts that require no equipment! To get in to a plank position, while on the ground, use your elbows and toes to keep your whole body up and in a straight line from head to toes.



Now that you're warmed up, gather your family or friends team for a backyard baseball game! And check out USA Baseball for more baseball-themed activities and to learn more about playing in your community!

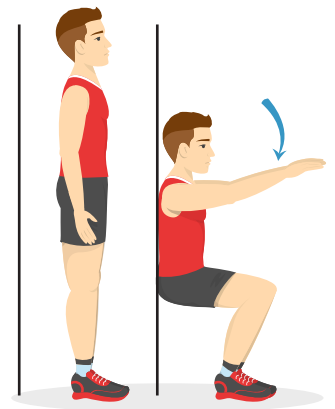


SQUAT

Squats are great for your legs and core! To perform a squat, stand with your feet shoulder width apart, keep your shoulders back and lower your hips down as if you are sitting in a chair. While squatting, it is important to focus on keeping your weight on your heels. As you lower yourself towards the ground, keep your knees directly over your toes, then, drive your heels into the ground as you return to a standing position.

WALL-SIT

Find a wall in your home to help you complete this exercise. Lean your back against the wall and squat down in to a seated position, keeping your back up against the wall and making sure that your feet are planted on the ground with your weight on your heels.



JUMPING JACKS CHALLENGE

Start in a position with your feet together and your arms resting at your sides, then, jump your legs apart while at the same time raising your arms outward and over your head. In the same motion, jump your legs back together while at the same time bringing your arms back down to your sides. See how many you can do!



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