

Avengers  
Assemble  
for  
SUPERHERO  
YOGA





*Are you ready...*



*... for Action?*



# SUPERHERO YOGA

- Superheroes are strong, superheroes are tough - they overcome obstacles, they persevere, they each have special powers and talents, including strength, balance, flexibility, stamina, agility, coordination, climbing and flying.

Are you ready for some  
Superhero action?

*Let's go!*



- Strike a Superhero pose and freeze in position. See if you can hold the pose while you count 1-5, or 1-10.
- Each pose will help to increase your core strength, balance, stamina, muscle tone and flexibility.
- You can do them outside or indoors. Just find a flat space and use a mat or small rug if you have one.



Warrior poses



Hammer throw lunges



# THOR

Thor has superhuman strength and stamina and his super power is hammer throwing, requiring balance and co-ordination.



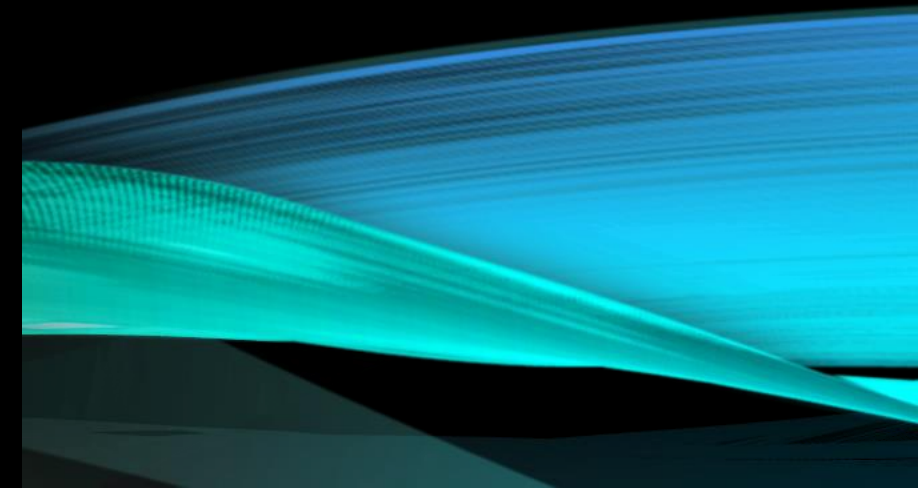


# SPIDERMAN



Spiderman has amazing balance and flexibility.

Try out these Spider poses and tests of balance.





# SPIDERMAN WEBS

These stretches will help improve balance, flexibility & muscle tone.

Use a rope, or school tie or dressing gown cord as a web...



Try each pose on each side of the body, with left & right arms/ legs.

With knees bent and hips straight, stretch arms from side to side and hold, in a web shape.



# SPIDERMAN

*Spider stretches for balance and flexibility*



*Climbing poses*







# BLACK WIDOW



Black Widow is an expert in martial arts and has exceptional agility and balance.

Try these stretch and balance poses for strength and flexibility, using alternate arms & legs.





# BLACK WIDOW



Black Widow's martial arts skills require strength, balance and co-ordination.

Try out her high kick and punch poses on each side.





# IRON MAN

Iron Man's suit gives him super strength. And he has great co-ordination for shooting laser beams. Can you hold some of his poses?





# IRON MAN

Iron Man can shoot up to the sky and fly...



*...and Up!*

*Get ready to launch...*



*Different ways to Fly*





# HULK

Hulk has super strength and stamina...



**Hulk super height**



**Hulk Smash!!!**



**POW!**

**Pushing walls pose**





# HAWKEYE

Hawkeye's super strength is shooting arrows, which requires great hand-eye co-ordination, strength, balance, focus and precision.



Archer pose



Shoot arrows in all directions with these lunges





Black Panther possesses superhuman strength, stamina and agility.

Try some **Big Cat** poses!



# BLACK PANTHER



*Extended Big Cat pose*



*Crouching Panther*



*Angry Big Cat (arched back)*



*Creeping Panther*





# CAPTAIN AMERICA

Captain America has super strength, agility and speed.

Sometimes he throws his shield in action like a discus



...and "throw"

Twist from the waist...





# CAPTAIN MARVEL

Captain Marvel has superhuman strength, stamina and agility.

**She can also fly....**



**Arms and legs raised, fly like a Superhero...**