

INCREDIBLES CHALLENGE

FITNESS COMPONENTS - HEALTH

MUSCULAR STRENGTH- MR. INCREDIBLE

FLEXIBILITY- MRS. INCREDIBLE

CARDIOVASCULAR ENDURANCE- DASH

MUSCULAR ENDURANCE- VIOLET

BODY COMPOSITION - JACK JACK

BALANCE- FROZONE

MUSCULAR STRENGTH

- Mr. Incredible is strong!
- To improve his strength, he can do many activities:
 - ✓ Weightlifting
 - ✓ Jumping
 - ✓ Shot Put
 - ✓ Tumbling
 - ✓ Sprinting
 - ✓ Push-ups
 - ✓ Sit-ups
 - ✓ Power-kicks
 - ✓ Shoulder Press
 - ✓ Squats
 - ✓ Lunges



MUSCULAR STRENGTH

MR. INCREDIBLE IS
STRONG!

WHAT EXERCISES CAN
HE DO TO IMPROVE HIS
STRENGTH?



FLEXIBILITY



- Mrs. Incredible is Elastigirl! She is very flexible and can stretch in many ways.
- Ways she can improve her Flexibility.
 - ✓ Dance
 - ✓ Yoga
 - ✓ Martial Arts
 - ✓ Gymnastics
 - ✓ Deltoid Stretch
 - ✓ Triceps Stretch
 - ✓ Hamstring Stretch
 - ✓ Quadriceps Stretch
 - ✓ Calf Stretch
 - ✓ Seated Trunk Twist
 - ✓ Sit and Reach

FLEXIBILITY



**MRS. INCREDIBLE IS
ELASTIGIRL!**

**WHAT EXERCISES
CAN SHE DO TO
IMPROVE HER
FLEXIBILITY?**

CARDIOVASCULAR ENDURANCE

- Dash is fast! He can also run for a long time. People who can run a long distance have great cardiovascular endurance.
- Here are ways Dash can improve his Cardiovascular Endurance:
 - ✓ Jumping jacks
 - ✓ Walking
 - ✓ Dancing
 - ✓ Playing Tag
 - ✓ Jumping Rope
 - ✓ Boxer Bounces
 - ✓ High Knees
 - ✓ Scissor steps
 - ✓ Mountain Climbers



CARDIOVASCULAR ENDURANCE

DASH IS FAST AND CAN RUN FOR A LONG TIME.

WHAT EXERCISES CAN HE DO IMPROVE HIS CARDIOVASCULAR FITNESS TO MAKE HIS HEART STRONGER?



MUSCULAR ENDURANCE



- Violet is a shape shifter. She can also create a force field and hold back Syndrome. To be able to hold her arms up for that long, she must have great muscular endurance.
- To improve her muscular endurance, Violet can do these exercises:
 - ✓ Jump rope
 - ✓ Plank
 - ✓ Canoeing
 - ✓ Plank
 - ✓ V-sit
 - ✓ Wall-sit
 - ✓ Flexed Arm Hang
 - ✓ Curl-Ups/Crunches
 - ✓ Bridge

MUSCULAR ENDURANCE

**VIOLET IS A SHAPE SHIFTER, AND SHE CAN ENDURE SYNDROME'S ATTACKS BY HOLDING UP A FORCE FIELD.
WHAT EXERCISES CAN SHE DO TO IMPROVE HER MUSCULAR ENDURANCE?**



BODY COMPOSITION

- Jack-Jack can polymorph and manipulate his physical properties to achieve a variety of affects (Metal, monster, putty, flames and more).
- Your body is made of different amounts of fat, bones and muscle. You can change your body composition like Jack-Jack. Just in a different way.
 - ✓ You can gain more muscle by eating protein and being active.
 - ✓ You can lose muscle by sitting and not exercising.
 - ✓ You can gain more fat by eating too much and not exercising.
 - ✓ You can lose fat by eating healthy amounts of food and exercising.
 - ✓ You can build stronger bones by exercising and getting plenty of Calcium and Vitamin D



BODY COMPOSITION

**JACK-JACK CAN CHANGE HIS
BODY COMPOSITION.**

**SO CAN YOU, JUST IN A
DIFFERENT WAY.**

**HOW CAN YOU CHANGE YOUR
BONE DENSITY, FAT OR MUSCLE
COMPOSITION?**



BALANCE



- Frozone has the power to Freeze water and air molecules while balancing on a disc.
- What can Frozone do to practice balancing?
 - Airplane
 - V-sit
 - Superman
 - Walk on a balance beam
 - Tripod
 - Candlestick
 - Handstand
 - Headstand
 - Scale
 - Arabesque
 - Heel Stretch
 - Straight Legged Balance

BALANCE



**FROZONE IS GREAT AT
BALANCING ON HIS
HOVERBOARD WHILE
HE USES HIS
FREEZING POWERS.**

**WHAT EXERCISES CAN
HE DO TO IMPROVE
HIS BALANCE?**







BODY COMPOSITION
BALANCE
FLEXIBILITY
MUSCULAR STRENGTH
MUSCULAR ENDURANCE

CARDIOVASCULAR ENDURANCE

BODY COMPOSITION

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