

**TOP SECRET**



**ACTION HERO  
ALLIANCE**

## Official Training Manual

Being an action hero is a nonstop job. Make sure you train at least 60 minutes a day. Be sure to check with your parents or doctor first before trying any of these activities.



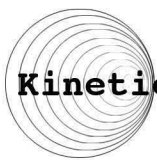
### Aqua Action

Whether you're crossing a croc-infested moat or battling a giant sea creature, action heroes must be skilled swimmers. Get an adult's supervision before you jump in the pool for some laps and underwater drills. Race your friends or try a relay. Keep it up for at least 60 minutes, and you'll be ready for anything that lurks beneath the surface.



### Energy Core

Strengthen your core muscles by doing sit-ups. Start with 10 sit-ups, rest for 30 seconds, then do 10 more. Alternate between sit-ups and jumping jacks for maximum results.



### Kinetic Force Field

Surround yourself with energy waves by jumping rope, which can build endurance and improve heart strength. Go as fast as you can for 60 seconds, and you'll be a force to be reckoned with!



### Undercover Robot

To get past robots, you have to blend in. Bust out your robot dance and you'll go undetected. For best results, isolate your body parts and only move in rigid motions. Flexing your muscles enhances the effect. Practice every day so you don't get rusty!



### Pyramid Defense

Grab 6 friends (including yourself) and build a human pyramid. Have the three strongest people form the base by lining up on their hands and knees. The next two strongest people should then form the second level. The last person should then climb up to the top. Have your parents take a picture, so you can strike fear into the enemy!



### Pursuit Cycles

When you're hot on the trail of a bad guy, bikes are the ultimate vehicles. They can fly down the street, go off-roading in parks, and even hop curbs. For safety, gear up with a helmet. Plus, it'll make you even more aerodynamic!



**ACTION HERO  
ALLIANCE**

**TOP SECRET**

## Official Training Manual



### Speed Bladers



Rollerblading is a great way to strengthen your heart and lungs, legs, butt and lower back. Always lace up tight and wear a helmet and pads. Whiz around on wheels and leave your enemy in the dust!

### Anti-Gravity Training



Take your vertical jump to new heights. Do 10 jumping jacks in a row, rest for 30 seconds, then do 10 more. If you practice every day, the sky's the limit!

### Shape Shifter



Take up yoga and morph your body into a dog, dolphin, eagle and cobra. Your flexibility and muscle tone will totally transform!



### Creature Quest

Have your parents take you on a nature hike. Bring a camera and try to capture as many wild creatures as you can!

### Razor-Sharp Reflexes



Speed up your reaction time with this super-skill drill. Stand a couple feet away from a friend with your backs facing each other. Make sure your friend is holding a ball. When he or she says "Now!" have your friend toss you the ball. Quickly turn around and catch it before it hits the ground. How many can you catch a row?



*Creature Quest*