

YOU!

WORKOUT!

What You Need!

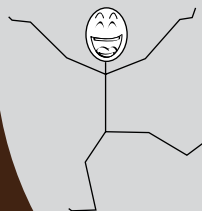
- Wear loose-fitting clothes like a T-shirt & shorts
- Music
- Timer or a clock with a second hand
- Bottle of water

"THE NAME'S JERRY... YOU LOOK FAMILIAR! DON'T TELL ME YOU CAME ALL THE WAY BACK FOR ANOTHER GATORASTIC WORKOUT? HUE HUE HUE, I GUESS YOU WERE INSPIRED BY THE JUMPIN' JERRY-JACKS AND THE GRAND JERRY-THON FROM LAST TIME. I'LL CRANK THINGS UP A NOTCH!"

FINISH THIS DRILL AND YOU'LL BECOME A MEMBER OF TEAM JERRY!

1. JERRY'S DELICIOUS WARM-UP!

You'll need some extra warm muscles, especially if you're a cold-blooded croc like me. Turn up your favorite jam and let's boogie! Your body **needs to be warm** and stretchy, like delicate string cheese. Shake your head and wiggle those cheddar twigs like the baddest reptile! Keep it up for the next few minutes while I, uh, visit the kitchen. This is making me hungry...!



4. JERRY'S ARCTIC COOLDOWN!

Hue hue hue, I didn't think you'd make it this far. You're a real beast after all! But as Polly the Polar Bear once told me, every mean beast needs an extra mean cooldown. Turn on some chill tunes and we'll march on the spot. Shake those paws and put your knees up into the air. Right, left, right... march! Twenty times is the magic number.



DRINK!

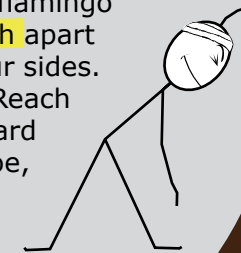
FOR BEST RESULTS:

Grab a drink of water often when you exercise so your body can perform at its highest peak!



2. JERRY'S CRAZY FLAMINGO TOE!

Munch! Munch! Alright, I'm back. Time to raise the stakes! My friend Fred the Flamingo taught me this one. Stand straight up like a flamingo bird, **feet shoulder-width** apart and your wings along your sides. Now bend bend bend! Reach your right hand forward and touch your left toe, keeping your back straight. Perch back up and reach your right hand to your left toe! Let's make it to 30!

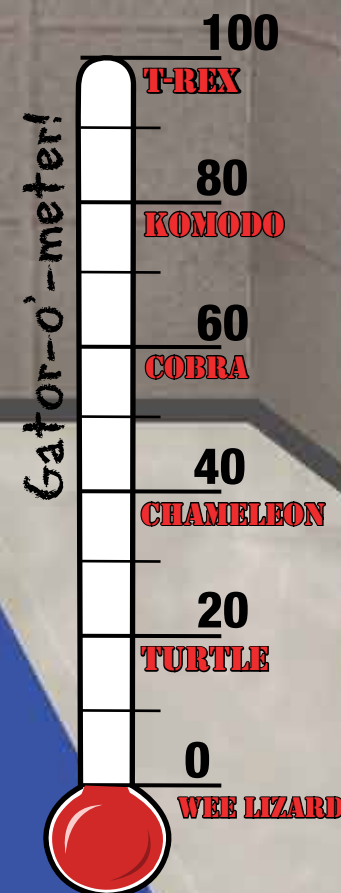


3. THE AMAZING JERRY JOG!

Phew, so you can fly like a bird. But can you run like a cheetah? This space will do. Set your timer for **three to five** minutes while I make a second trip to the fridge. Release your timer and move those legs on the spot! Bring your knees **up high and bounce** those thighs up and down. Not bad, you're starting to look like my roommate, Lenny the Leopard! Don't drop 'til the timer stops!



Now pat your shoulders with those big claws. One, two, one-two-three! Don't stop just yet! Reach your head with your fingers, away we march! Breathe in and out, puff that big chest. Finally, roll your shoulders and spin your arms like some jolly wagon wheels! ®



SIZZLIN' ALLIGATORS, YOU'VE FINISHED THE WORKOUT! HOW DO YA FEEL? FILL IN THE GATOR-O'-METER AND LET ME KNOW. WE'LL SEE YOU REAL SOON. UNTIL THEN, TRY THIS WORKOUT WITH A BUDDY! KEEP SWEATIN' IT!

