



### DONNIE'S ULTIMATE UPPER CUTS

BEGIN IN A STANDING POSITION WITH YOUR FEET HIP-WIDTH APART AND YOUR KNEES SLIGHTLY BENT. PULL YOUR ARMS CLOSE TO YOUR SIDE, BENDING THE ELBOWS AND MAKING TWO TIGHT FISTS FACING TOWARD YOU. PUNCH EACH FIST IN AN UPWARD MOTION STOPPING RIGHT ABOUT GAIN LEVEL, ALTERNATING RIGHT AND LEFT.

## DOONIE

# TRAIN LIKE A NINJA!

## MIKEY'S WHEELER



## TEENAGE MUTANT NINJA TURTLES: MUTANT WHEELBARROW ROLLERS

### MIKEY'S NINJA KNEES

STAND STRAIGHT WITH YOUR FEET SHOULDER-WIDTH APART. THEN, RUN IN PLACE, BRINGING YOUR KNEES UP TO WAIST LEVEL AND SLOWLY LANDING ON THE PALLS OF YOUR FEET.



### LEO'S TURTLE AB TWISTS

STAND WITH YOUR FEET HIP-WIDTH APART, KNEES SLIGHTLY BENT, AND ARMS EXTENDED. THEN, ROTATE TO THE RIGHT AND LEFT, KEEPING YOUR HIPS LEVEL AND USING YOUR UPPER BODY TO TWIST.

## LEO



## UNLEASH YOUR INNER NINJA WITH THESE TURTLES-INSPIRED EXERCISES

### RAPHY'S SHELL KICKERS

START IN A SQUAT POSITION WITH YOUR HIPS BACK AND YOUR FEET SHOULDER-WIDTH APART. AS YOU STAND UP, SWITCH YOUR WEIGHT TO THE RIGHT LEG AND LIFT YOUR LEFT LEG OUT TO THE SIDE. THEN, RETURN TO THE SQUAT POSITION AND REPEAT WITH THE RIGHT LEG.

## RAPHY



## THE MAKING OF A NINJA

Only at Target

PARENTS: PLEASE EXERCISE A HIGH DEGREE OF SUPERVISION OF YOUR KIDS. ANY EXERCISE MAY RESULT IN INJURY. THIS INFORMATION IS NOT EXERCISE ADVICE AND ENGAGING IN THESE ACTIVITIES IS ENTIRELY VOLUNTARY AND AT YOUR OWN RISK.

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