

'Starry-Eyed Stan' Workout

Stan is the most talented singing starfish in the bay.

And as he sang, they cheered and swooned,
"Oh what a gorgeous sound!"



But then danger strikes. Can Stan's talent save the day?

Read the [Starry-Eyed Stan](#) eBook and then try the different exercises below.



Stan the Starfish

How many star jumps can you do in 20 seconds?

- Start with your feet close together.
- Jump and land with your feet wide apart.
- Stretch your arms out above your head.
- Jump your feet back together and bring your arms down.

Lancelot the Crab

Can you walk like a crab?

- This is a great workout for your whole body!
- Sit on the floor and put your hands on the ground behind you.
- Lift your hips up off the ground so that you are on all fours but with your tummy facing upwards.
- Now try moving on your hands and feet.
- Can you move forwards, backwards and side to side like a crab?





Fleeing Fish

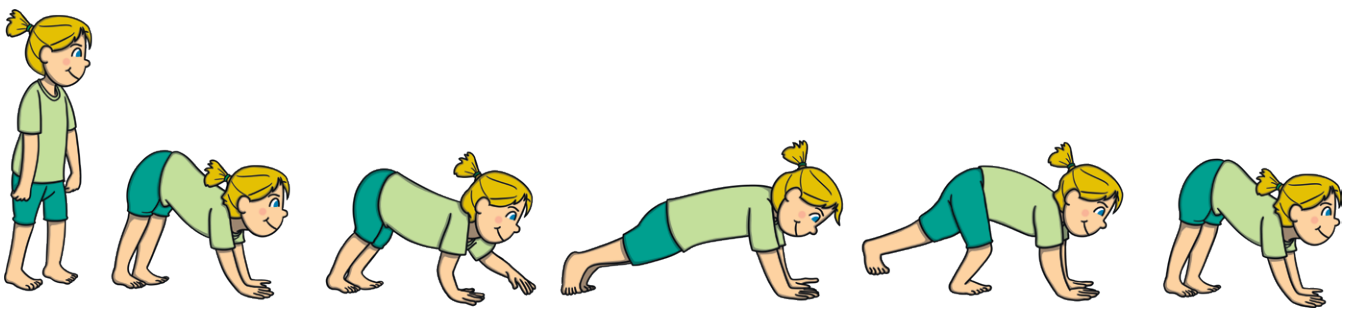
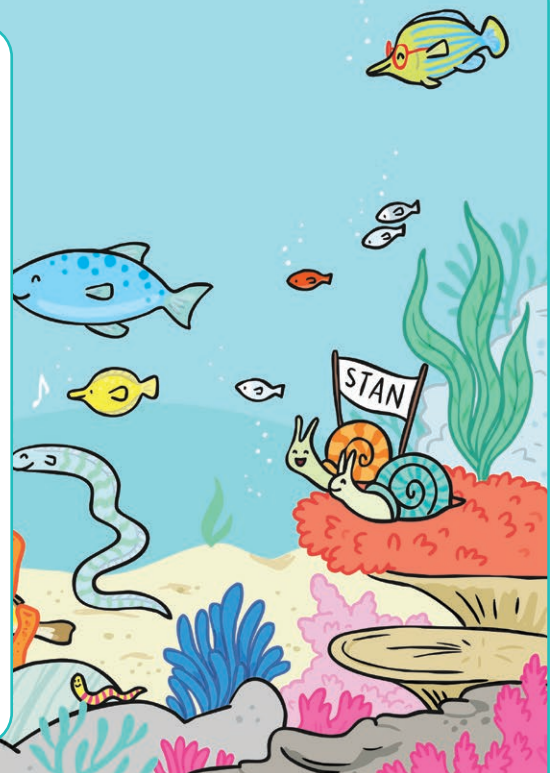
'Now, when all the fish saw Lancelot, they all began to flee.'

- Swim away as quickly as you can from Lancelot!
- Run and do front crawl arms at the same time!
- Now try backstroke arms.
- Have a rest and then repeat.

Snail Walk

Can you do a snail walk?

- Start from a standing position.
- Place your hands down on the ground in front of you.
- Walk your hands away from your feet until you are in a press-up position.
- Then, walk your feet in towards your hands again and repeat.
- Try to keep your legs and your back straight.





Audience of Eels

'The next day Stan was singing to an audience of eels.'

- Lie down on the ground and wriggle your body like a slimy eel dancing at Stan's concert.
- Try doing this on your front and then on your back.

Stan's Singing School

Imagine you are making some music with your friends at Stan's Singing School

- Try playing the following musical instruments:
 - the drums
 - the guitar
 - the piano
 - the saxophone

And now have a good boogie!

