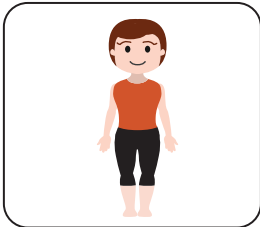# STRIKE A POSE!

Power Rangers exercise every day to keep their minds and bodies healthy. A strong body helps fuel a strong mind—especially when you need to fight Sporix Beasts! That's why the Rangers work together to be active.

Yoga is one way people get moving. Try some of these poses as a class or at home. Feel free to adapt them to meet your body's unique needs.

T-REX CHAMPION

1. Stand with your feet apart, about as wide as your shoulders, and face forward. Place your hands at your sides.
2. Turn your arms so your palms face forward, and your fingers are spread out.
3. Pretend there is a string attached to the top of your head that is pulling you taller as your hands reach to the floor.

TRICERATOPS BLADE

1. Inhale and circle your arms behind you and then bring them up towards the ceiling. Clasp your hands above your head.
2. Jump or step your feet together.
3. Bend your knees and lean forward a little bit, so that you form a diagonal line from your hands to your hips. (This is a great pose to do sitting down, too!)

STEGOSAURUS SPIKE

1. Inhale and bend at the waist and put your hands down to the ground. Exhale.
2. Inhale again. Then, with your hands touching the ground, walk or hop back so your body makes a triangle with the floor. Hold the pose here if you can. It's okay to put your knees down or stop at Step 1 if you need to.
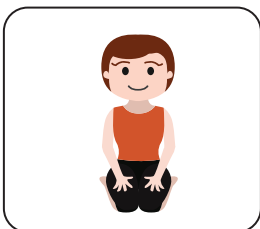
DINO BREATH OF FURY

This breathing exercise is great when you need extra energy. Remember to always breathe in and out through your nose.

1. Kneel on the floor and sit with your legs tucked straight under you, bottom resting on your heels, back straight.
2. Take a normal breath in, and then push it out with as much force as you can. You will sound like a dragon breathing fire.
3. Repeat. This time, push the breath out in small bursts. You should feel your belly tighten each time. Continue for 10 total inhales.
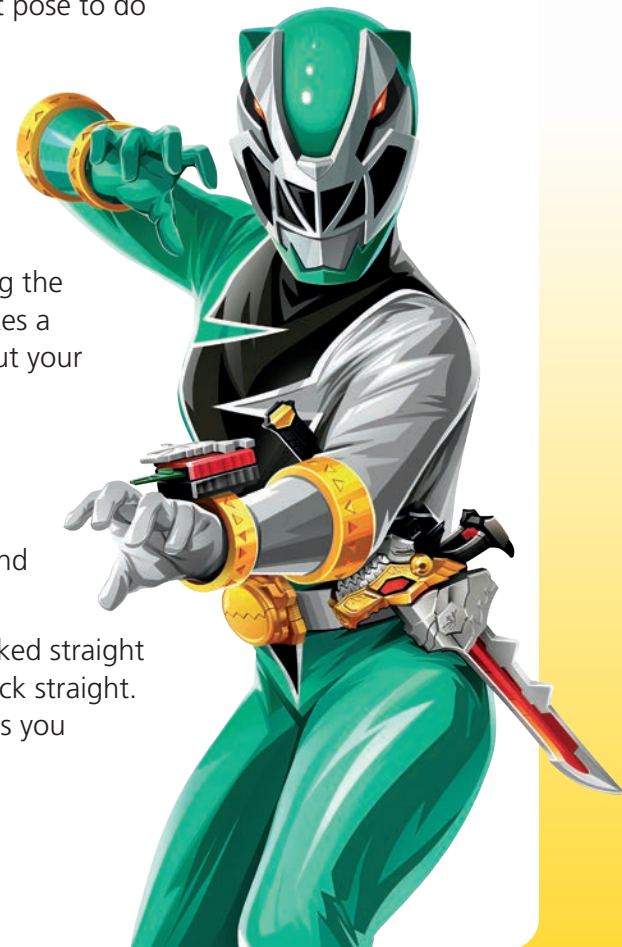
FAMILIES: JOIN THE ADVENTURE! WATCH THE *POWER RANGERS DINO FURY* TEAM COME TOGETHER TO SAVE EARTH ON NICKELODEON AND NETFLIX.