

Veggie Tales

"Super Hero Slimdown"

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A lot of people ask me how I keep my trim figure.
I like to do a little something called "The Superhero
Slimdown."

Let's get ready.
we're gonna start with the spandex flex.
if you don't have a spandex suit,
you can just use a pair of underwear.
Ready, and...
stretch, ow!
STRETCH, OW!
stretch, OW!!

O.k. now, we're gonna do some supersuction sit-ups.
Everyone, turn your suction helmet sideways.
If you don't have a suction helmet,
you can just use a rubber band and a goldfish.
Ready and.....
heeeeeee,
huuuuuuuuu
uuuuggggggghhhh!!!

Whoo, ok now we're gonna do some robot squats.
Everyone, grab a robot,
if you don't have a robot,
you can just use your little brother.
Ready, and....
down, ugh.
down, uhhh.
down, umph.

Whoo good workout,
I need a donut.

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