

# Get Ready for a Bear-Workout

Brown bear is strong, faster than most and always in top-notch shape. Join our bear-able training program and get moving quicker than you can say roaaar!



## 1. Jump like a bear star!

Start with your feet together, arms on your sides and jump up – spreading your legs and raising your arms. Return and repeat – can you make 20 of them? This exercise is great for shoulders, legs and other parts of your body.



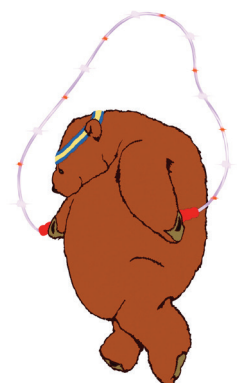
## 2. Lunges

Train your butt and legs in this exercise. Make sure you stand with your feet apart, step forward with your right leg and slowly lower your body until your right thigh almost touches the floor. Stand up and repeat, using your left leg instead. Repeat until you've accomplished 10 lunges!



## 3. Lift weight

This exercise is great if you want to have strong arms. Use a large pillow, like the one from JÄTTELIK collection, and raise it from the ground to above yourself. Repeat 10 times!



## 4. Jumping bear-ropes!

Get your heart pumping and strengthen muscles and balance. Play your favourite song on the speaker, pump up the volume and keep jumping until the song is over!



## 5. Push-ups!

A true training classic for your shoulders and chest. Place your hands wide on the floor, and push your body down until you almost reach the floor and then back up. Repeat 5-10 times!



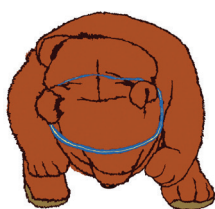
## 6. Run in place!

Stand up straight, your feet apart and start running where you stand! Try moving your legs up as high as you can. Go all in for 30 or 60 seconds!



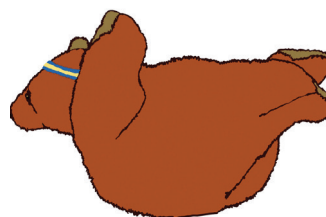
## 7. Crunches with SPARKA soft soccerball

Lie down, place a softball between your feet and raise your legs up. Lift your body towards your legs, then return slowly down. Repeat! A challenging exercise that strengthens your core and abs.



## 8. Touch your paws

Stand with your feet together, reach down and try to touch your toes with your hands. It's totally fine if you can't reach them, the effort will still be a nice and important stretch to improve flexibility!



## 9. Superbear

Just like Superm... we mean Superbear. Liedown, put your arms above your head and raise your arms and hold them still for 5 seconds. Slowly move your arms down and relax. Repeat 5 times.



**DJUNGELSKOG**  
Soft toy, bear



**PLUFSIG**  
Folding gym mat



**JÄTTELIK**  
Cushion



**SPARKA**  
Soft toy, bear



**LUSTIG**  
Skipping rope with LED

