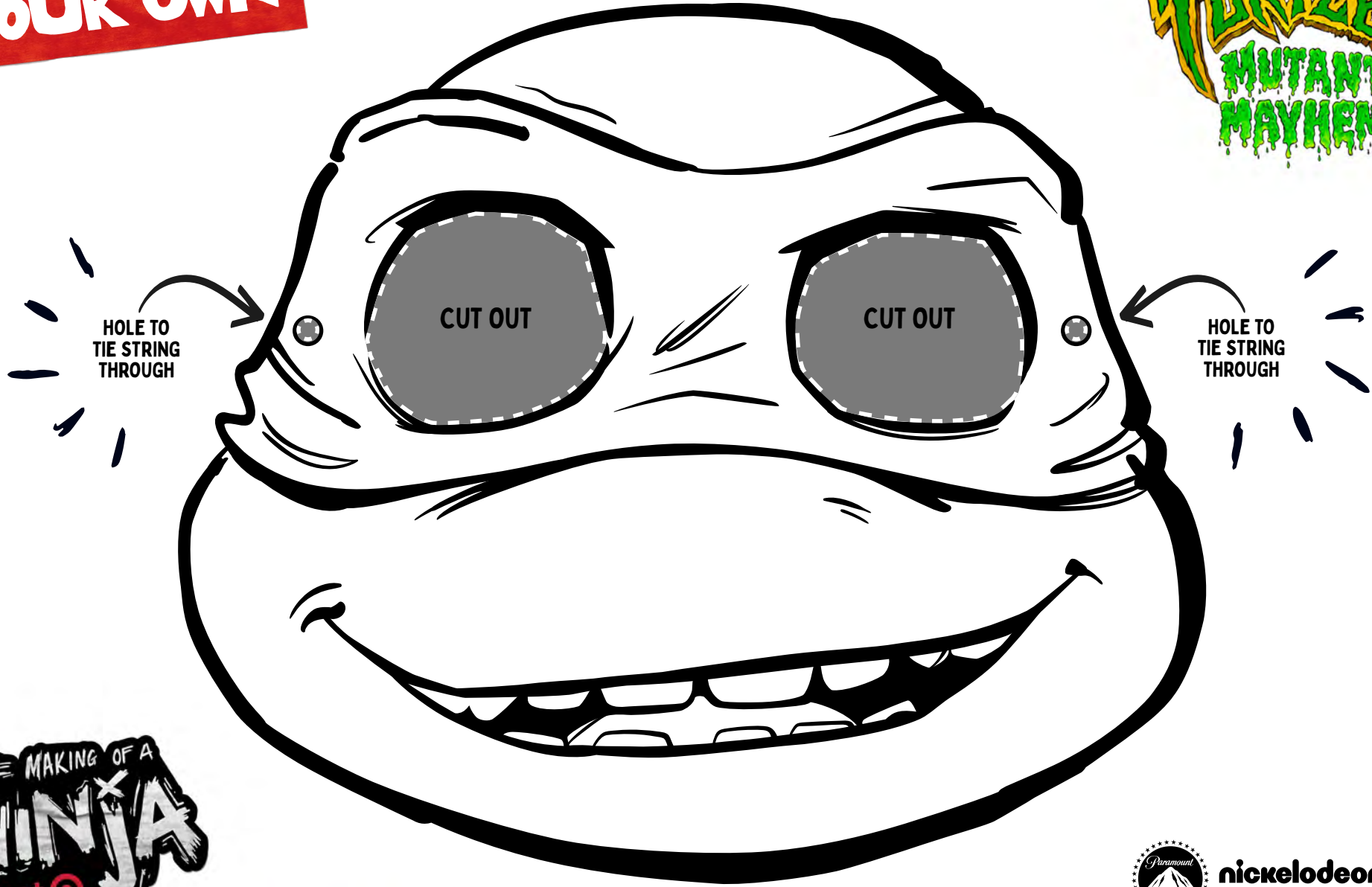


COLOR & CUT YOUR OWN TURTLE MASK!



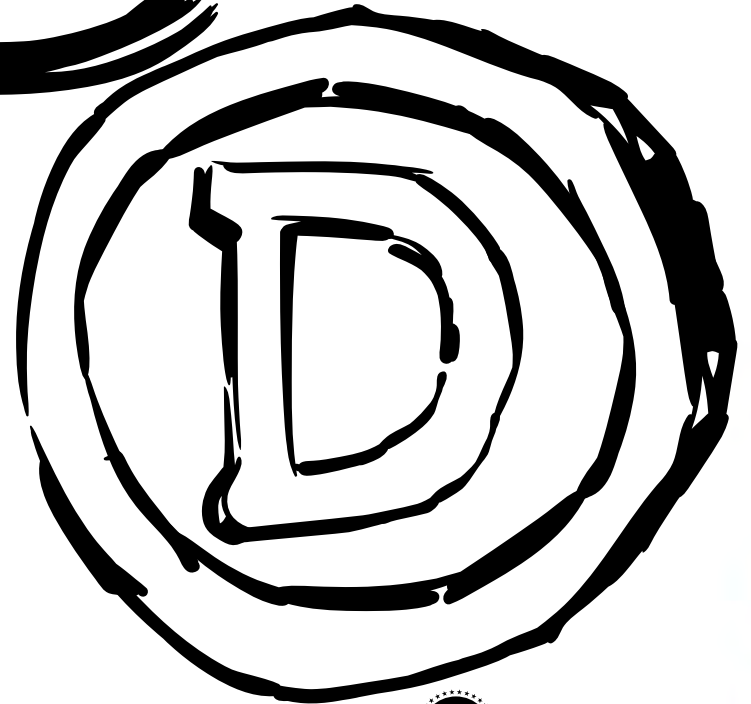
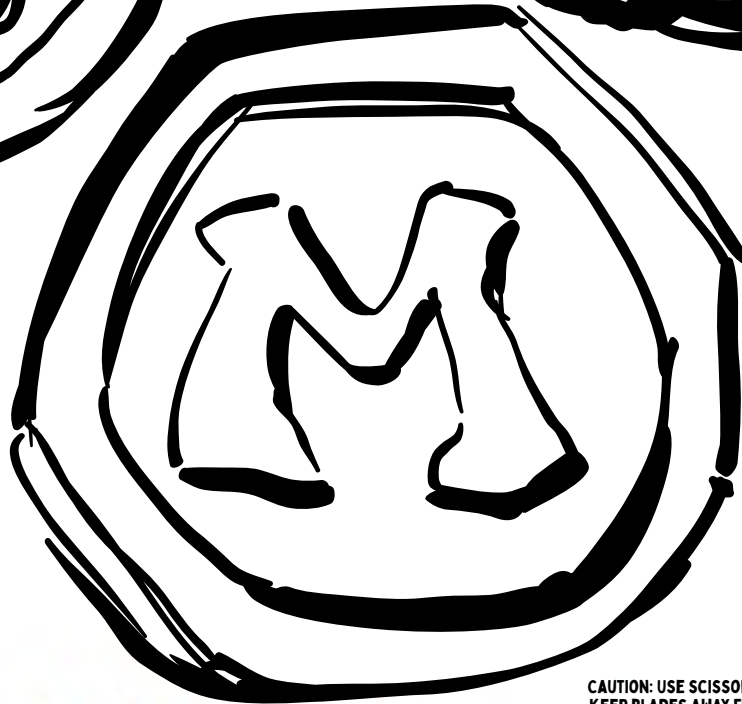
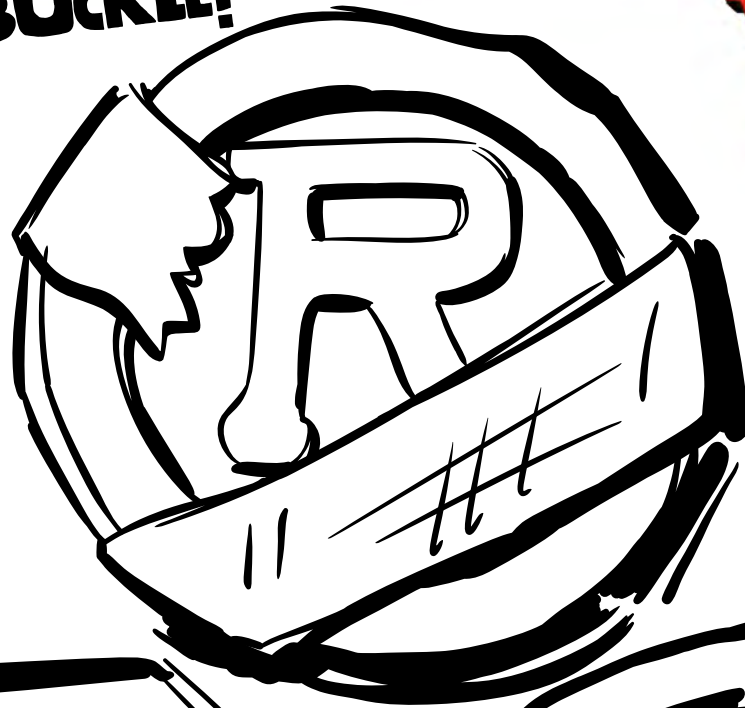
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CAUTION: USE SCISSORS WITH ADULT SUPERVISION AND ALWAYS KEEP BLADES AWAY FROM FINGERS AND BODY. CUT MASKS MAY HAVE FUNCTIONAL SHARP EDGES SO HANDLE WITH CARE.

**COLOR & CUT
YOUR OWN**

TURTLE BELT BUCKLE!



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KEEP BLADES AWAY FROM FINGERS AND BODY. CUT MASKS MAY
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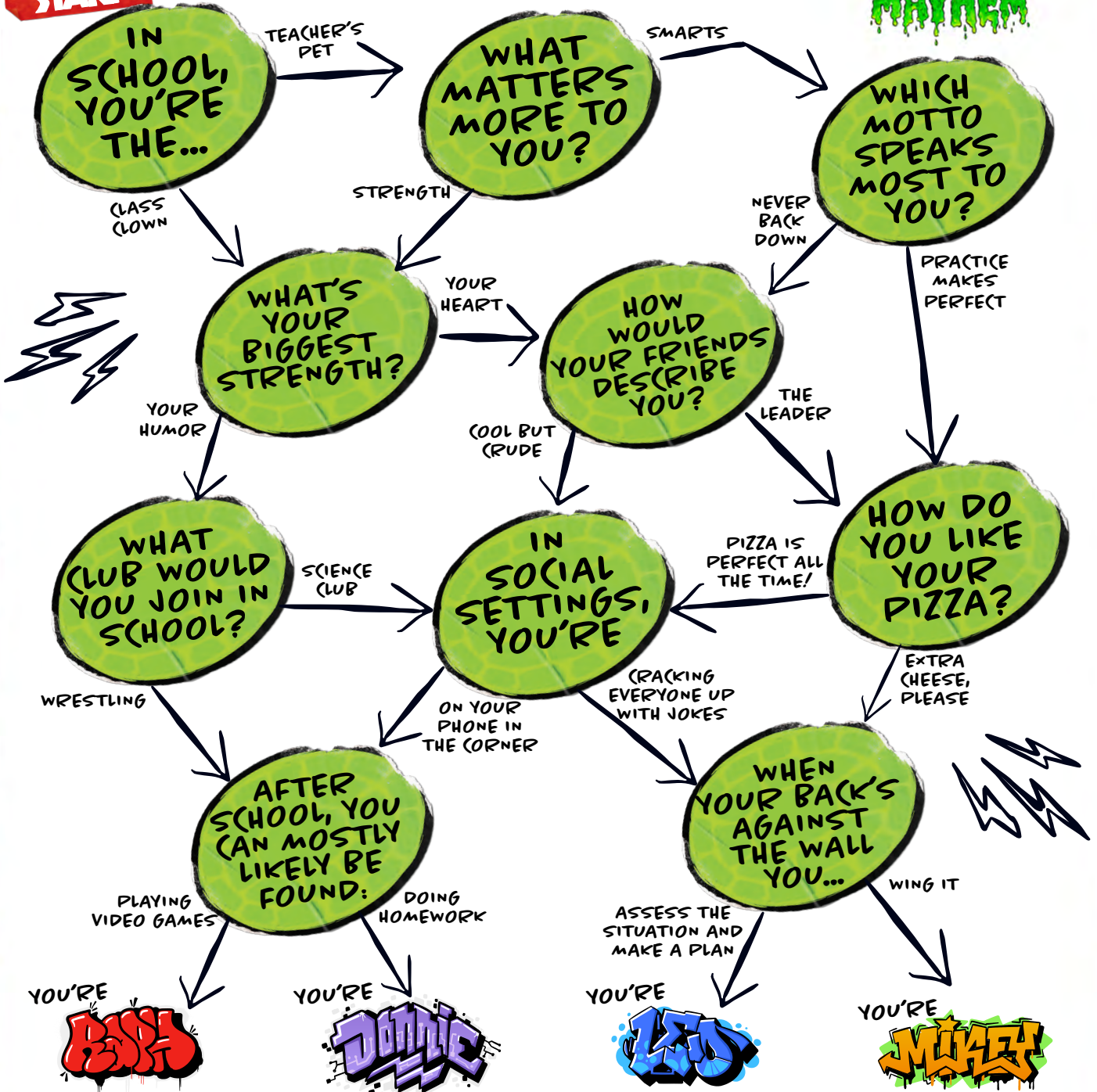
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WHICH TURTLE ARE YOU?



START



YOU'RE RASH

YOU LIKE TO GO IN LOUD! YOU DON'T LET OVERTHINKING STOP YOU FROM, WELL, ANYTHING. YOU'RE CONFIDENT IN YOUR ABILITIES AND BELIEVE IT'S BETTER TO ACT FIRST AND ASK QUESTIONS LATER. YOUR IMPULSIVITY CAN COME OFF A BIT TEMPERAMENTAL TO PEOPLE, BUT YOUR REAL FRIENDS KNOW THAT YOU ALWAYS HAVE THEIR BACK.

YOU'RE DONIC

YOU'RE A GENIUS AND NOT AFRAID TO SHOW IT! THERE'S NOT A PROBLEM YOU CAN'T SOLVE OR A STICKY SITUATION YOU CAN'T NAVIGATE. YOUR FRIENDS KNOW THEY CAN ALWAYS TURN TO YOU FOR HELP, ESPECIALLY WITH HOMEWORK OR TO BEAT AN IMPOSSIBLE LEVEL IN THE LATEST VIDEO GAME.

YOU'RE LEO

YOU'RE A NATURAL-BORN LEADER AND IT SHOWS! WHENEVER YOU SET YOUR SIGHTS ON SOMETHING, YOU SEE IT THROUGH TO THE END. YOU DON'T LET ANYTHING STOP YOU BECAUSE, TO YOU, EVERY STUMBLE IS A LESSON LEARNED ON YOUR WAY TO MASTERING YOUR PASSIONS.

YOU'RE MIKE

YOU'RE THE LIFE OF THE PIZZA PARTY! YOUR POSITIVE VIBES PUT A SMILE ON EVERYONE'S FACE, AND YOUR GO-WITH-THE-FLOW ENERGY ALLOWS YOU TO BE QUICK ON YOUR FEET. NOTHING CAN GET YOU DOWN BECAUSE, TO YOU, THERE'S NOTHING A GOOD JOKE AND A DELICIOUS SLICE OF 'ZA CAN'T FIX.



DONNIE'S ULTIMATE UPPERCUTS

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 CHIN LEVEL, ALTERNATING RIGHT AND LEFT.

DONNIE



MIKEY

TEENAGE MUTANT NINJA

TURTLES
MUTANT
MAYHEM

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 BALLS OF YOUR FEET.



**TRAIN
LIKE A
NINJA!**

LEO

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.

THE MAKING OF A
NINJA
Only at **Target**



UNLEASH
YOUR INNER
NINJA WITH THESE
TURTLES-INSPIRED
EXERCISES

RAPH

RAPH'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.



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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