



JAM School Program

JAMmin' Minute

| Reps | Exercise Routine: Standing Exercises |
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| 10 | Jumping jacks: 10 facing front, turn left jump 10, face back jump 10, face front |
| 10 | High knees and clap hands over head |
| 10 | Arms out from shoulders, march and tap fingertips to shoulders |
| 10 | Tap toes, then knees, then toss hands over head while you jump up |
| 10 | Pretend you are sitting in a chair and hold |

Health-E-tip

Make a Change. Being your best is important to yourself and everyone around you. It makes you a kinder, more positive person which helps keep you healthier!

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. The publishers and their experts are not liable for any injury, health impairment or accident that may befall any person using these exercise routines. To reduce the risk of injury to children, parents should consult their doctor about their child(ren) before using this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

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