



# JAMmin' Minute<sup>®</sup>

## European Adventures

### Ramstein Air Base, Germany

Reps	Activity Routine: Standing Exercises
10	Paris Eiffel Tower. Raise arms overhead, march feet & criss-cross hands quickly
10	German Cuckoo Clock. Tap opposite knee to elbow, jump w/hands apart in air & land w/feet apart and shout "Guten Tag" (Good Day)
10	London Olympic Ring. Make a circle w/arms, hands together, sway side to side
10	Italian Boot Kick. In half squat, kick left then right foot forward
10	Holland Tulip. Start in squat position, stretch up and grow to tip toes, move arms straight up, out and open

#### Health-E-tip

**The Road to Health.** Even when you travel be sure to keep your good eating routine on track. Fill up on fruits and vegetables that are native to the country you are visiting.

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. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

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