



JAM School Program

JAMmin Minute[®]

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Reps	Exercise Routine: Standing
10	Run in place and punch forward
10	Kick line: Hands on hips and kick left leg across body and right, then right leg
10	Squats: Arms out front, weight in heels, lower your bottom toward floor
10	Jumping Jacks
10	Toe touches: Touch left fingers to right toes, then right fingers to left toes

Get this video on vimeo at: <https://vimeo.com/161945534>

Health-E-tip

To get focused at school, first get a little crazy.

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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