



# JAMmin' Minute<sup>®</sup>

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Reps	Exercise Routine: Standing Exercises
10	High knees
10	Shark Squats: Palms together over head, squat up and down
10	Hands on hips, ankles together, hop slow then really fast
10	Get in surfer position, hop and surf forward, hop and surf to the back
10	Spell the word P-A-N-T-H-E-R-S while doing jumping jacks, repeat

## Health-E-tip

**Remember:** Healthy Bodies = Healthy Minds.

To view the video version of this routine copy and paste this link: <http://bit.ly/1cX9a5m>

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.