

8/18/2014



JAMmin' Minute[®]

Secs	Exercise Routine: Standing Exercises
10	Elbow to knee touches - get your knees up high
10	Jumping jacks
10	Scissor your legs and legs
10	Windmills
10	Arm punches up

Health-E-tip

An Earthy Habit. Help save our planet by recycling so that we can turn waste into new energy or products.

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