



JAMmin' Minute[®]

JAM World Record Routine

Reps	Exercise Routine: Standing or Seated
10	Raise the Roof: Gentle bounce while pumping palms to sky
10	Touch knees, then waist and squeeze abs, then toss arms over head
10	Mimic your favorite sport
10	Pretend to hula hoop
10	Make heart shape with fingers over head, sway side to side

Health-E-tip

Double Up. Repeat this routine at least one more time or perform each exercise for one minute to get your heart rate up and improve productivity.

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.