



# JAMmin Minute<sup>®</sup>

Reps	Exercise Routine: Standing Exercises
10	Warm up with jumping jacks
10	Arms bent at shoulder level, squat, lift right knee to tap right elbow, switch sides
10	Arms out from sides, windmill to touch right hand to left foot, & left to right foot
10	Stand upright, arms at sides with fingers pointed to floor, crunch left then right
10	Hands over head, big breath in, release and reach for toes, hold, rest, repeat

## Health-E-tip

**A Thankful Tradition.** This is the time of year for family gatherings. Take time to let those around you know how important they are to you and the value they bring to your life. It's good for your heart and theirs.

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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