



# JAMmin' Minute

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Secs	Exercise Routine: Standing
10	Jumping jacks to warm up
10	Run in place
10	Reach for your toes and hold
10	"The Killer": 5 heel lifts, 5 jumps, 5 jacks with hands on hips, 5 jumping jacks hands raise only to shoulder level, 5 full jumping jacks
10	Repeat this entire routine again

Find the video version at: <https://youtu.be/BpOTwGHOQSQ>

## Health-E-tip

**Hydrate.** Drink plenty of water.

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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