



JAM School Program

JAMmin Minute[®]

Featuring: Mrs. Vocrodt's Students, Huron, DS

Reps	Exercise Routine: Standing
10	Squat splits
10	Jump side to side
10	Jog and kick your heels up to tap your backside
10	Spread your feet and touch opposite fingers to toes
10	Jumping Jacks

Health-E-tip

Eat Healthy to Live Well

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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