

JUMPING JACKS



Directions:

1. Put your arms at your side, elbows straight, and feet together.
2. Jump your feet apart and lift your arms over your head.
3. Clap your hands together over your head.
4. Bring your hands back down by your side and jump your feet back together.
5. Keep your breathing steady.

Perform for _____ repetitions OR for _____ seconds

Watch the Video:

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