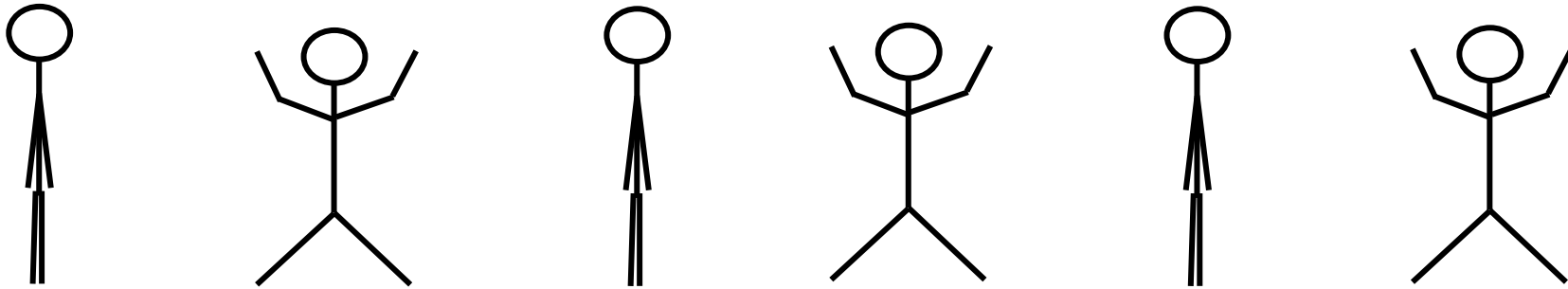


Jumping Jacks



How to do it:

- ✓ Stand tall with your feet together and arms by your side.
- ✓ Jump in the air, stretching your arms out wide and moving your legs shoulder width apart.
- ✓ Jump again, this time bringing your arms down and your feet back together.

What to do:

- ✓ Perform jumping jacks for 30 seconds, rest for 30 seconds, then perform again.
- ✓ Can you do this 5 times?
- ✓ How many jumping jacks can you complete in 30 seconds?