



JAMMIN' MINUTE EXERCISES

REPS of 10 OR 10 seconds



Monday	Tuesday	Wednesday	Thursday	Friday
Jump while turning in circle	R foot; karate kick 	Criss-cross legs in and out	Run in place	Squat as if sitting in a chair; hold
Stick your R foot out and shake	L foot; karate kick 	Arm Circles	Jumping Jacks	Bend, reach for toes, hold
Stick your L foot out and shake	March feet & punch arms out	Elbow to opposite knee	Sit & reach stretch	L foot flexed, lift & lower leg
Jump & shake your body	Balance on R foot; 10 sec	On tip toes-lift and lower	Hop on both feet	R foot flexed, lift & lower leg
Run in place	Balance on L foot; 10 sec	Push-ups 	Mountain Climbers	Jump up as high as you can
Squat & shoot the hoop 	Touch toes then jump up	March in place & punch arms	Jumping Jacks	March and lift knees high
Touch: toe, knee, shoulder	Pretend jump rope 	Feet together, hop side-2 side	Hold crab position	R leg out, write first name in air
Kick heels up to tap your bottom	On tip toes-lift and lower	Feet together, hop Fwd/Bwd	Run in place	L leg out, write last name in air
Hop on R foot	Curl-ups 	Pretend to golf 	Frog hops in place	Legs together; touch toes
Hop on L foot	Pretend to bat a ball	Shuffle L for 5 steps; then R for 5	Pretend to play tennis	Mountain Climbers
Pretend to kick soccer ball 	R foot; side karate kick 	Pretend to spike a volleyball	R foot; karate kick	Touch toes then jump up
Stand up sit down, fast	L foot; side karate kick 	Run in place	L foot; karate kick	Pretend to throw a football 
Pretend to bowl 	Give your best dance move	Lift L knee up & balance	Hop in place	Mountain Climbers
R elbow to left knee & switch	Jump up as high as you can	Lift R knee up & balance	Curl-ups	Balance on R foot; 10 sec.
Jump & shake your body	Pretend to shoot a hockey puck 	Touch head, shoulders, knees, toe	Push-ups 	Balance on L foot; 10 sec.
Pretend to jump rope 	Pretend to throw a frisbee 	Pretend to jump rope 	Jump in place	Jumping Jacks
On tip toes-lift and lower	Hold bear crawl position 	Curl-ups 	Scissor jumps	L foot flexed, lift & lower leg
March and lift knees high	Run in place	Mountain Climbers	Jumping Jacks	R foot flexed, lift & lower leg
Shuffle L for 5; then R for 5	Hop on R foot; then L foot	Arm Circles	Hold push-up position	Dance in place
Push-ups 	Balance on R foot; then L	Jump up as high as you can	Sit & Reach Stretch	Push-up position on elbows & hold