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INSTRUCTIONS

JUMPING JACKS

CATEGORIES: Endurance, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/jumping-jacks/>

Full Body

Lower Body

Upper Body



Steps:

- Stand with your feet together and your hands at your sides.
- Jump and spread your feet wide while also raising your arms above your.
- Without pausing, quickly reverse the movement and repeat.

Repetitions and Modifications:

Repeat 30 – 60 seconds

[+] Cross and uncross legs

[-] Remove the jump and tap toes to the sides one at a time