Get the complete download of Cardio Aerobic Exercises for Small Spaces at www.YourTherapySource.com

## **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 secon	repetitions OR for	seconds
--------------------------------------	--------------------	---------

## **Watch the Video:**

Download a QR code reader to your smart phone or tablet. Snap a picture of the QR code on the right to watch the video.

Watch here https://bit.ly/3edtFRv



© www.YourTherapySource.com