



# JAMmin' Minute<sup>®</sup>

*Authored by: Prairie Center Elementary  
Olathe, KS*

Reps	Workout Routine: Standing Exercises
10	Chair Lifts: Slide to edge of chair, lift & lower using triceps
10	March & Tap: March & touch opposite elbow and knee
10	Twist & Reach: Alternate, twist at waist & reach arm back
10	Squat Jumps: Squat into a seated position and jump up
10	Curls: Using your natural resistance, flex and release biceps

## Health-E-tip

A Refreshing Idea. Limit Kool-Aid, sugary drinks and sodas. Instead drink plenty of water daily.

Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.