



JAMmin' Minute[®]

*Authored by: The Jammin' Minute Club
St. Stanislaus Parish - Lansdale, PA*

Reps	Workout Routine: Standing Exercises
10	Pretend Jump Rope
10	Swimming Arm Strokes
10	Jog in Place
10	Basketball Shots
10	Elbow to Knee Touches

Health-E-tip

Get plenty of vitamin C to keep from getting colds. Your best source is from foods, not tablets.

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.