

## JUMPING JACKS

**CATEGORIES:** Endurance, Warm Up

**LEVEL:** Beginner

**URL:** <https://www.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