Title: Jumping Jacks / Star Jumps

Primary Muscle Groups: Glutes &amp; Hip Flexors, Quadriceps

Secondary Muscle Groups: Abs, Calves, Hamstrings, Shoulders

Summary: <ol>

<li>Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.</li>

<li>Bend your knees slightly then straighten and push through the balls of your feet while straightening your your knees to jump up spreading your legs to wider than hip width apart.</li>

<li>As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.</li>

<li>As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.</li>

<li>Continue without pause for the desired amount of time or repetitions.</li>

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