

JUMPING JACKS

Jumping jacks are an efficient total-body workout that you can do almost anywhere. It works on the legs, abdomen and belly area and arms, allowing for weight loss in these areas. They increase your metabolism and burn a whole lot of calories. If you're able to get to half an hour of jumping jacks every day (even if they're staggered), you're likely to burn as many as a whopping 200 calories!

Benefits:

- 1. Keep Your Heart Healthy**
- 2. Aid Weight Loss**
- 3. Improve Coordination**
- 4. Relieve Stress**
- 5. A Good Warm-Up Exercise**
- 6. Work Out The Whole Body**
- 7. Improve Flexibility**
- 8. Tone The Muscles**
- 9. Improve Stamina And Stability**
- 10. Make Your Bones Stronger**

JUMPING JACKS ARE LOW-INTENSITY EXERCISES THAT DO NOT PUT TOO MUCH PRESSURE ON THE KNEES. MAKE SURE YOU DO NOT DO THIS EXERCISE IF YOUR KNEES ARE INJURED.