**Jumping Jacks**

**Equipment**: None

**Instructions:**

1. Starting Position:

* Stand straight with your feet together and your hands by your sides.

1. Jump and Spread:

* Jump up, spreading your feet wider than shoulder-width apart while bringing both hands together above your head.

1. Return to Start:

* Jump again and return to the starting position, bringing your feet back together and arms down by your sides.

1. Repetition:

* Repeat the jumping jack movement until the set is complete.

**Tips for Jumping Jacks:**

* Keep your knees slightly bent and land softly on the balls of your feet (not on your heels) to reduce impact.
* Maintain alignment: Keep your knees in line with your hips and feet during the jumps.
* Keep your arms extended with loose elbows throughout the exercise.
* Maintain a steady breathing pattern to help sustain energy and focus during the exercise.