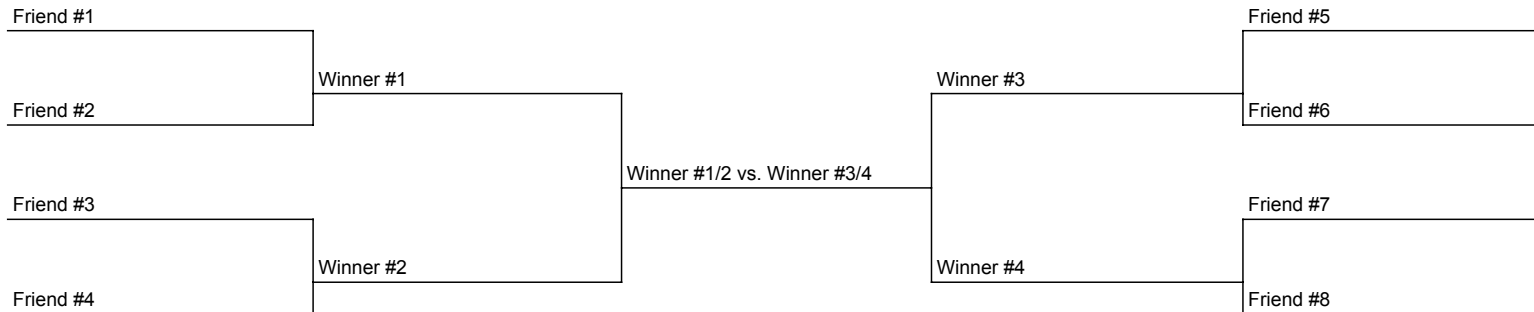




Day 4 - Jumping Jacks



Challenge

Pick 3 times each day to complete the challenges.
 At the end of the week, you will have an overall champion (person with the most wins).
 Make changes and modifications based on ages and abilities.
 Change of who is in the bracket or create your own challenges.
 Visit the Healthy Active Arkansas Facebook page and website for videos.

#KeepMovingAR

If completing challenge by yourself, see if you can do 5-10 more each day without stopping.

Instructions

Be sure to use full range of motion with arms.
 Modification is to do side jacks to avoid jumping.
 Side Jacks - both arms move but only one leg goes to the side each time.

Follow this link for a video demonstration: <https://youtu.be/WuWZotmRZr0>