Saturday

All exercise from Week 1 Saturday

Jumping Jacks

- Stand upright by looking straight ahead
- Your feet are together and your arms are at your sides (palms facing inwards)
- Jump off the ground and spread your legs slightly wider than shoulder-width apart
- During the jump, move your arms quickly in an arc over your head (palms facing each other)
- Land on the balls of your feet if possible
- Then jump back to the starting position
- It is good for your fitness, and it reinforce your cardiovascular system

Muscle groups: many different muscle groups