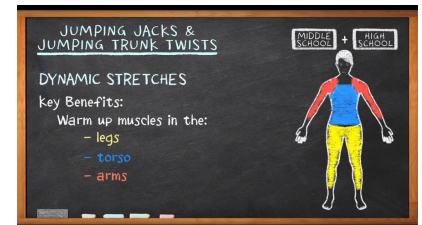




## Instructions

- Stand with the feet together, pointing forward, and the arms hanging straight at the sides.
- In one jumping motion, bend the knees and extend both legs out to the sides while simultaneously extending the arms out to the sides and then up and over the head.
- Immediately reverse the motion, jumping back to the starting or neutral standing position and repeat.



## Cues

- At maximum extension:
  - Extend the feet more than shoulder width apart.
  - Keep the arms fairly straight with the fingers almost touching.
- Jump and land on the balls of the feet with a slight knee bend, making minimal sound.
- Point the knees and toes forward throughout the jumping action.
- Maintain upright posture with the head up.