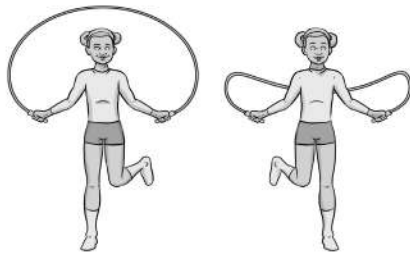
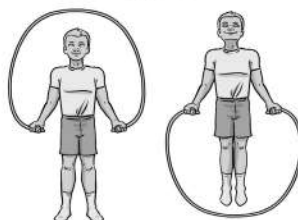


### Alternating Foot



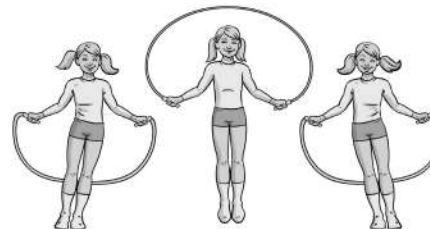
Jump like you are running on the spot.

### Jump



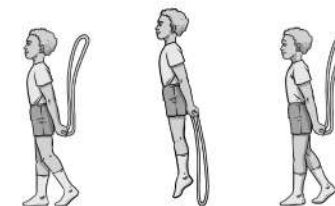
Jump with your feet together.  
The shorter the jumps the better!

### Skier



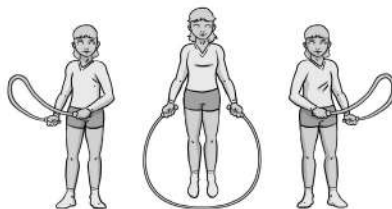
Jump with feet together.  
Jump to the right with feet together.  
Jump to the left with feet together.

### Toe to Toe Jump



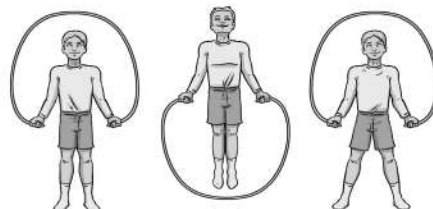
Jump and tap right toe on the floor  
then jump and tap left toe on the floor.

### Swing Jumps



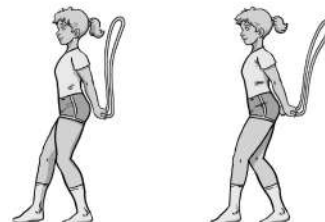
Swing the rope to the right side of the body.  
Complete a jump over the rope.  
Swing the rope to the left side of the body.  
Complete a jump over the rope.

### Side Straddle



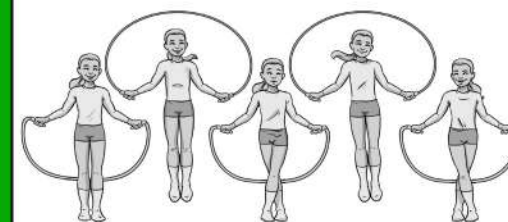
Jump with feet together.  
Jump with feet split in a straddle position.  
Jump with feet together.

### Scissors



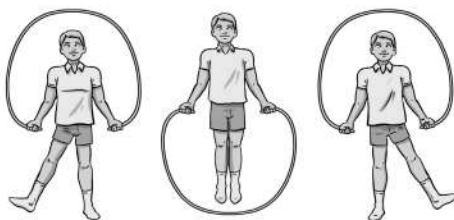
Jump with right foot forward and left foot back.  
Jump again left foot forward and right foot back.

### X-Foot Cross



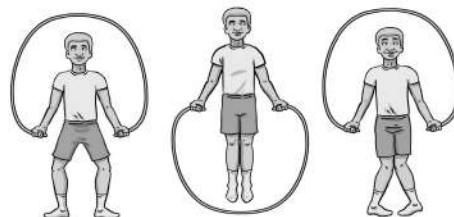
Jump with feet in a straddle position, then jump again  
and cross right foot over your left.  
Once landed, jump again and return to straddle position.

### Heel to Heel



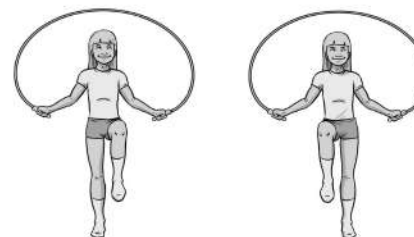
Jump with right heel forward.  
Jump with left heel forward.

### Wounded Duck



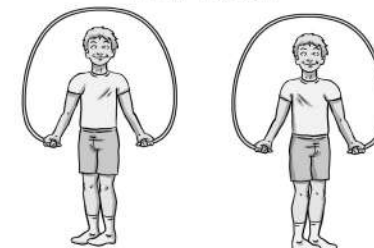
Jump with your toes pointed in.  
Jump with your toes pointed out.

### High Knee



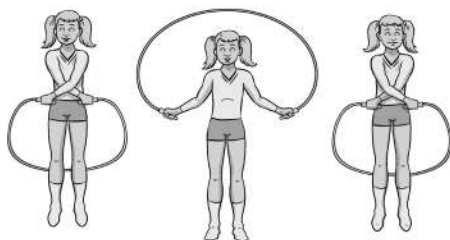
Jump and lift right knee to a 90 degree angle.  
Then jump and lift left knee to a 90 degree angle.

### Full Twist



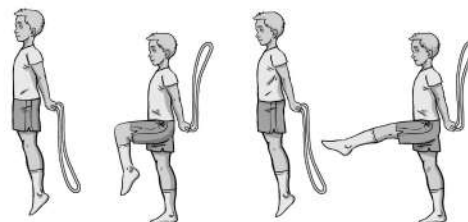
Jump and twist lower body to the right.  
Jump and twist lower body to the left.

### Front Arm Cross



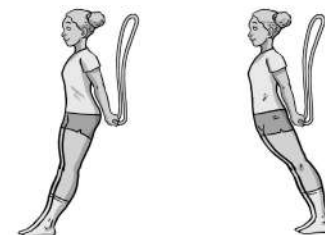
Jump with two feet then jump and  
cross arms in front of your body.

### Can Can



Jump with two feet, then jump and lift left knee.  
Jump with two feet again, and finish with  
another jump where you jump  
and kick your right foot forward. Repeat.

### Bell Jump



Jump forward with feet together then  
jump backward with feet together.

# JUMP IT