

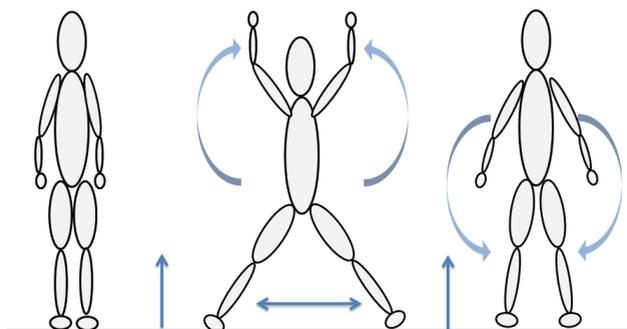
## CARDIO ACTIVITY

### Jumping Jacks

**Starting Position:** Stand with your feet together and your arms down by your sides.

**Action:** Jump up and extend your legs out to the sides as you swing your arms over your head, then bring your arms back to your sides and your legs together. Keep repeating this back-and-forth motion continuously.

**Duration:** Do 20 of these exercises as quickly as you can, then rest. Do again 2-3 times.



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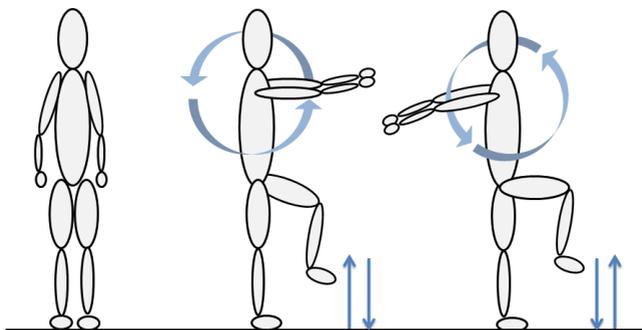
## CARDIO ACTIVITY

### March and Swing

**Starting Position:** Start with your feet together and your arms at your sides.

**Action:** March in place while swinging your arms in big circles at the same time. Lift your knees up as high as you can and go at a steady pace.

**Duration:** Do 20 of these exercises as quickly as you can, then rest. Do again 2-3 times.



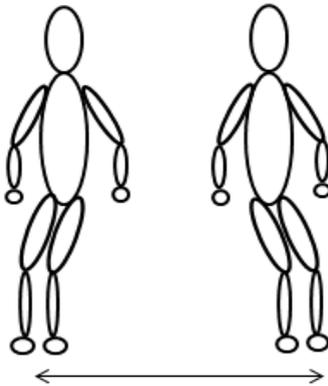
## CARDIO ACTIVITY

### Side Hops

**Starting Position:** Stand with your feet together.

**Action:** Bend the knees slightly and hop to one side then the other side as high as you can. You can also do these forward, backwards and standing in place.

**Duration:** Do 20 of these exercises as quickly as you can, then rest. Do again 2-3 times.



## CARDIO ACTIVITY

### Burpees

**Starting Position:** Stand with your feet together.

**Action:** Squat down and touch the floor with your hands just outside of your feet. Kick your legs back behind you and get into a push-up position. Do one push-up. Then bring your feet back forward to starting position. Do a forceful jump into the air with your arms above your head like you are signaling a touchdown.

You can do a pushup on your knees if the regular pushup is too hard.

**Duration:** Do 20 of these exercises as quickly as you can, then rest. Do again 2-3 times.

