



# JUMPING ROPE

- Place: Indoor or Outdoor
- Equipment: Comfortable clothes, shoes, and a jump rope

## Directions

- Before beginning, make sure you have enough room for activity.
- Stand with your back straightened and legs together at your knees and ankles
- Jump rope 10x
- Don't forget to breathe and SMILE!
- Repeat



When TRYing stretches, the most important thing to remember is to pay attention to and respect your body. Stretching should never feel painful. If a stretch feels painful, that's a sign that you have taken it too far, and need to back off. When done correctly, stretches can be a fantastic way to release stress year-round. Which stretches will you TRY next?

Always get your parents' help or permission before attempting this move.  
(You never know, they may want to join you!)



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