



BOYS & GIRLS CLUBS
OF NASSAU COUNTY

YOUTH ACTIVITY

Easy Fitness Activities for Kids

Jumping Jack Flash

Jumping jack flash is an easy fitness activity for kids that builds both muscle and cardiovascular strength. Want to build your biceps? Pump your pecs? Give your heart some heft? Check out jumping jack flash.

What You'll Need:

- Paper
- Markers

How to Play Jumping Jack Flash: Step 1: Start your exercise routine with five jumping jacks on your first fitness day. Mark it on your fitness chart.

Step 2: Add five more the second day. Mark that on your chart. Keep adding five until you can do 25 jumping jacks with ease.

Step 3: Now, add a second exercise (like toe touches) to your routine, starting with five repetitions. Mark that exercise on your chart.

Step 4: Keep increasing repetitions and adding exercises. Before you know it, you'll be buff as can be.