

Movin & Groovin' with Erin



STARFISH JUMPS



Beginner Starfish Jumps



Start by standing straight up with your arms down at your side. When you jump, you are going to spread both of your legs wide and at the same time you are going to move your arms from down at your side to above your head. Then you are going to jump your feet back together and bring your arms back down to your side. Repeat movement 5 times.



Standing straight up
with arms down at side



Jump both feet out &
raise arms up above
head at the same time



Jump both feet back in
& lower arms back to
side & repeat movement

Intermediate Starfish Jumps



Start by standing straight up with your arms down at your side. Then jump up and while you're in the air you will spread both arms and legs as far out as you can. When you land, get back to your standing upright position and repeat the movement 5 times.



Standing straight up
with arms down at side



Jump up & spread
both arms & legs



Land & go back to
starting position to
repeat movement



Advanced Starfish Jumps



Same movement as intermediate but start tucked down towards the ground like a ball and when you jump, explode up and spread both arms and legs. Repeat movement 5 times.



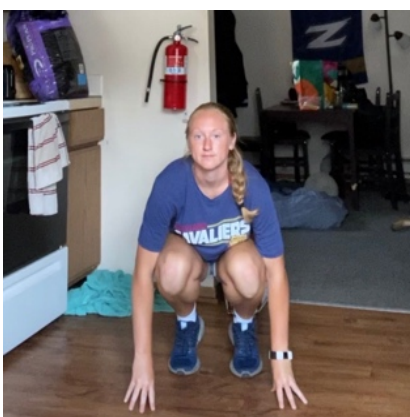
Squat down so that your knees are close to your chest & put your hands down to the ground for balance



From the ground, jump all the way up and spread both arms & legs as wide as you can



Land from the jump & stand straight up



Tuck back down into the starting position to repeat the movement