

Mini Trampoline Exercises

(10 repetitions of each move)

Forward Hand Jumps (jump with hands forward)



Hand Raise Jumps (jump with hands overhead)



Front Claps (jump with hands clapping in front of the body)



Overhead Claps (jump with hands clapping overhead)



High Knee (jump with alternating knee lifts)



Kicks (jump with alternating kicks)



Hip Touches (jump with alternating legs towards the hip/back)



Split Jumps (jump with legs extended in opposite directions)



Happy jumping!

Trampoline Exercises for Children