

Try the Jump Full Turn

A basic, fun exercise that anyone can try—this exercise builds strength, coordination and air awareness.

1. Start by standing straight with your arms by your side. Look forward with your head in a neutral position.
2. Then, with one single jump, swing your arms by your side and up and rotate your entire body for a 360 degree turn (to the right or left side -- whatever side is more comfortable).
3. While jumping in the air, place your arms above your head and then try to land with them straight in front of you at horizontal level.
4. Once you think that this exercise starts to feel easy for you, you can work on sticking your landing after the 360 degree jump! It's fun and you can have contests with your friends to see who can stick the most!



Check out Disney.com/Tryit where you can TRY new foods, moves, and simple ways to be your best! What are you going to TRY next?



FROM OLYMPIC GOLD
MEDAL WINNING GYMNAST

Dominique Moceanu

**FOLLOW FOUR ELITE ATHLETES AS THEY SET
THEIR EYES ON THE GYMNASTICS CHAMPIONSHIPS!**