

jumping jack *(jump-ing-jack)*

Definition

n. a physical exercise performed by jumping up and down while spreading the arms and legs apart and then returning to the starting position.

Example Sentence

We did jumping jacks during our warm-up to get our hearts pumping.

More Example Sentences

Jumping jacks are a fun way to stay active and improve coordination.

Synonyms

exercise; workout; calisthenics

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

vocabloco.com