



# JUMPING JACK JUNE 2021 SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH	JUMPING JACKS	JUMPING JACKS	JUMPING JACKS	JUMPING JACKS	JUMPING JACKS	CARDIO
	DO ANY JUMPING JACK VARIATION TO MEET THE DAY'S CHALLENGE	DO ANY JUMPING JACK VARIATION TO MEET THE DAY'S CHALLENGE	DO ANY JUMPING JACK VARIATION TO MEET THE DAY'S CHALLENGE	DO ANY JUMPING JACK VARIATION TO MEET THE DAY'S CHALLENGE	DO ANY JUMPING JACK VARIATION TO MEET THE DAY'S CHALLENGE	POWER WALK, RUN, BIKE, JUMPING JACKS, JUMP ROPE
30 GET READY FOR WEEK 1!	31 10 JUMPING JACKS	1 20 JUMPING JACKS	2 30 JUMPING JACKS	3 40 JUMPING JACKS	4 50 JUMPING JACKS	5 15 MINS OF CARDIO
6 STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	7 60 JUMPING JACKS	8 70 JUMPING JACKS	9 80 JUMPING JACKS	10 90 JUMPING JACKS	11 100 JUMPING JACKS	12 30 MINS OF CARDIO
13 HALFWAY THERE!	14 110 JUMPING JACKS	15 120 JUMPING JACKS	16 130 JUMPING JACKS	17 140 JUMPING JACKS	18 150 JUMPING JACKS	19 45 MINS OF CARDIO
20 FINAL WEEK!	21 160 JUMPING JACKS	22 170 JUMPING JACKS	23 180 JUMPING JACKS	24 190 JUMPING JACKS	25 200 JUMPING JACKS	26 60 MINS OF CARDIO