



JUMPING JULY 2021

SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH	JUMPS 1	JUMPS 2	CORE	JUMPS 3	JUMPS 4	CARDIO
FOLLOW ALONG WITH JUMPIN' WITH JIMMY PT. 1-4 ON YOUTUBE: Meade CYS	5-10 REPS PER EXERCISE; 3 SETS	5-10 REPS PER EXERCISE; 3 SETS	DO AS MANY REPS AS YOU CAN OF EACH EXERCISE	5-10 REPS PER EXERCISE; 3 SETS	5-10 REPS PER EXERCISE; 3 SETS	POWER WALK, RUN, BIKE, JUMPING JACKS, JUMP ROPE
4 GET READY FOR WEEK 1!	5 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	6 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	7 - SIDE CRUNCH BOTH SIDES - SIDE LEG RAISES BOTH SIDES - SUPERMANS	8 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	9 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	10 15 MINS OF CARDIO
11 STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	12 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	13 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	14 - TOE TOUCHES - STRAIGHT LEG RAISES - RUSSIAN TWIST - 1 MINUTE PLANK HOLD	15 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	16 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	17 30 MINS OF CARDIO
18 HALFWAY THERE!	19 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	20 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	21 - REACH THROUGH CRUNCH - SCISSOR KICKS - BICYCLE CRUNCH - MOUNTAIN CLIMBERS	22 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	23 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	24 45 MINS OF CARDIO
25 FINAL WEEK!	26 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	27 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS	28 - SIT UPS - SIDE CRUNCHES BOTH SIDES - SIDE PLANKS BOTH SIDES	29 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	30 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	31 60 MINS OF CARDIO