



JUMPING JANUARY 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	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
3 GET READY FOR WEEK 1!	4 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	5 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	6 - SIDE CRUNCH BOTH SIDES - SIDE LEG RAISES BOTH SIDES - SUPERMANS	7 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	8 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	9 15 MINS OF CARDIO
10 STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	11 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	12 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	13 - TOE TOUCHES - STRAIGHT LEG RAISES - RUSSIAN TWIST - 1 MINUTE PLANK HOLD	14 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	15 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	16 30 MINS OF CARDIO
17 HALFWAY THERE!	18 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	19 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	20 - REACH THROUGH CRUNCH - SCISSOR KICKS - BICYCLE CRUNCH - MOUNTAIN CLIMBERS	21 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	22 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	23 45 MINS OF CARDIO
24 FINAL WEEK!	25 - KNEE TUCK JUMPS - SKI JUMPS - BROAD JUMPS - SINGLE LEG JUMPS - JUMP SQUATS	26 - SPLIT LUNGE JUMPS - 90 DEGREE TURN JUMPS - 180 DEGREE JUMPS - BACK AND FORTH LINE JUMPS - SIDE TO SIDE LINE JUMPS	27 - SIT UPS - SIDE CRUNCHES BOTH SIDES - SIDE PLANKS BOTH SIDES	28 - FORWARD 5 BACK 5 - ROCKET JUMPS - STAR JUMPS - SKATER JUMPS - Z JUMPS	29 - STANDING VERTICAL - LATERAL 1 LEGGED JUMPS - BROAD JUMPS - 45 DEGREE BOUNDS	30 60 MINS OF CARDIO