

JUMP Into Spring



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	25 Jumps 1-Minute Challenge: _____	30 Jumps 1-Minute Challenge: _____	35 Jumps 1-Minute Challenge: _____	40 Jumps 1-Minute Challenge: _____	45 Jumps 1-Minute Challenge: _____	Rest	50 Jumps 1-Minute Challenge: _____
Week 2	55 Jumps 1-Minute Challenge: _____	60 Jumps 1-Minute Challenge: _____	65 Jumps 1-Minute Challenge: _____	70 Jumps 1-Minute Challenge: _____	Rest	75 Jumps 1-Minute Challenge: _____	80 Jumps 1-Minute Challenge: _____
Week 3	85 Jumps 1-Minute Challenge: _____	90 Jumps 1-Minute Challenge: _____	95 Jumps 1-Minute Challenge: _____	Rest	100 Jumps 1-Minute Challenge: _____	105 Jumps 1-Minute Challenge: _____	110 Jumps 1-Minute Challenge: _____
Week 4	115 Jumps 1-Minute Challenge: _____	120 Jumps 1-Minute Challenge: _____	Rest 	125 Jumps 1-Minute Challenge: _____	130 Jumps 1-Minute Challenge: _____	135 Jumps 1-Minute Challenge: _____	140 Jumps 1-Minute Challenge: _____
Week 5	145 Jumps 1-Minute Challenge: _____	Rest	150 Jumps 1-Minute Challenge: _____				