

# Jumping June!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10s jump rope 10s high knees 10s jumping jacks 10s plank	2 15s jump rope 15s high knees 15s jumping jacks 15s plank
3 rest or push it!	4 20s jump rope 20s high knees 20s jumping jacks 20s plank	5 20s jump rope 20s high knees 20s jumping jacks 20s plank	6 25s jump rope 25s high knees 25s jumping jacks 25s plank	7 25s jump rope 25s high knees 25s jumping jacks 25s plank	8 30s jump rope 30s high knees 30s jumping jacks 30s plank	9 30s jump rope 30s high knees 30s jumping jacks 30s plank
10 rest or push it!	11 35s jump rope 35s high knees 35s jumping jacks 35s plank	12 35s jump rope 35s high knees 35s jumping jacks 35s plank	13 40s jump rope 40s high knees 40s jumping jacks 40s plank	14 45s jump rope 45s high knees 45s jumping jacks 45s plank	15 45s jump rope 45s high knees 45s jumping jacks 45s plank	16 50s jump rope 50s high knees 50s jumping jacks 50s plank
17 rest or push it!	18 50s jump rope 50s high knees 50s jumping jacks 50s plank	19 55s jump rope 55s high knees 55s jumping jacks 55s plank	20 55s jump rope 55s high knees 55s jumping jacks 55s plank	21 60s jump rope 60s high knees 60s jumping jacks 60s plank	22 60s jump rope 60s high knees 60s jumping jacks 60s plank	23 70s jump rope 70s high knees 70s jumping jacks 70s plank
24 rest or push it!	25 70s jump rope 70s high knees 70s jumping jacks 70s plank	26 90s jump rope 90s high knees 90s jumping jacks 90s plank	27 90s jump rope 90s high knees 90s jumping jacks 90s plank	28 100s jump rope 100s high knees 100s jumping jacks 100s plank	29 100s jump rope 100s high knees 100s jumping jacks 100s plank	30 120s jump rope 120s high knees 120s jumping jacks 120s plank