

# SHAPE | JUMP FOR JOY

<b>REPS</b>	<b>EXERCISE</b>
100	Jump rope (real or imaginary)
75	High knees
50	Bodyweight squats
25	Pushups
150	Jump rope (real or imaginary)
75	Jumping jacks
50	Alternating lunges
25	Sit-ups
200	Jump rope (real or imaginary)
75	Butt kicks
50	Mountain climbers
25 per side	Leg raises