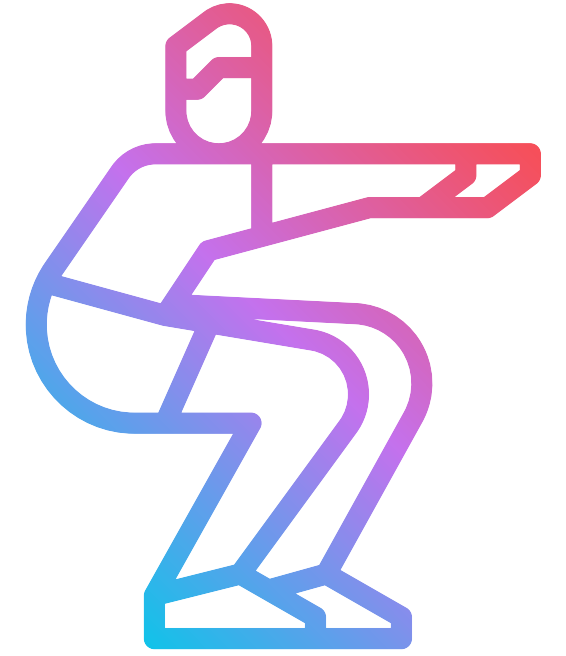




Jump for Joy

April

Exercise Challenge



JUMPING ROPE
30 SECONDS

JUMPING JACKS
30 SECONDS

JUMP SQUATS
30 SECONDS

POWER HOPS
30 SECONDS

>>REPEAT 3XS<<

