Exercise

cardio **jump** workout

Repeat 3 times | up to 2min rest between sets
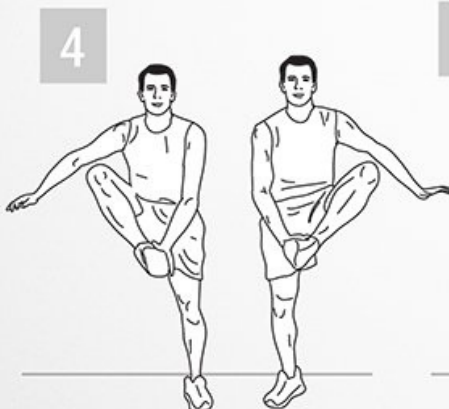© neilarey.com

1 **10** jump on a spot
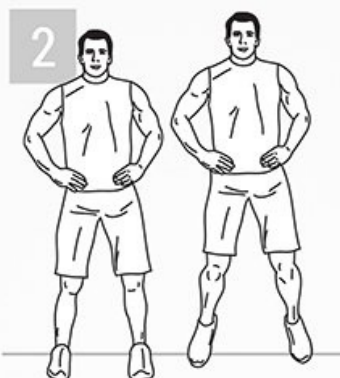
2 **10** wide leg jumps

3 **10** half star jumps

4 **10** toe tap jumps

5 **10** side-to-side single leg jumps

6 **10** side-to-side jumps