

CHALLENGE JUMPING JACKS

1

15 Jumping jacks

2

20 Jumping jacks

3

25 Jumping jacks

4

30 Jumping jacks

5

Jour de repos

6

35 Jumping jacks

7

40 Jumping jacks

8

45 Jumping jacks

9

50 Jumping jacks

10

Jour de repos

11

55 Jumping jacks

12

60 Jumping jacks

13

65 Jumping jacks

14

70 Jumping jacks

15

Jour de repos

16

75 Jumping jacks

17

80 Jumping jacks

18

85 Jumping jacks

19

90 Jumping jacks

20

Jour de repos

21

95 Jumping jacks

22

100 Jumping jacks

23

105 Jumping jacks

24

Jour de repos

25

110 Jumping jacks

26

115 Jumping jacks

27

120 Jumping jacks

28

Jour de repos

29

125 Jumping jacks

30

130 Jumping jacks