

10,000

30-DAY CHALLENGE **JUMPING JACKS**



split total reps
into manageable sets

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1 160 jumping jacks	2 180 jumping jacks	3 200 jumping jacks	4 100 jumping jacks	5 220 jumping jacks
6 240 jumping jacks	7 280 jumping jacks	8 100 jumping jacks	9 300 jumping jacks	10 320 jumping jacks
11 340 jumping jacks	12 100 jumping jacks	13 360 jumping jacks	14 380 jumping jacks	15 400 jumping jacks
16 100 jumping jacks	17 420 jumping jacks	18 440 jumping jacks	19 460 jumping jacks	20 100 jumping jacks
21 480 jumping jacks	22 500 jumping jacks	23 540 jumping jacks	24 100 jumping jacks	25 560 jumping jacks
26 580 jumping jacks	27 600 jumping jacks	28 100 jumping jacks	29 640 jumping jacks	30 700 jumping jacks