

## **Jump work-outs**

1 minute plank

50 jumping jacks

3X10 squats

1 minute right leg split

1 minute left leg split

1 minute straddle

1 minute wall straddle (butt up against the wall)

1 minute wall straddle with nose to the wall

3x right leg kicks to the side (4)

3x left leg kicks to the side (4)

3x right and left leg kicks to the side

3x right leg kicks to the front (4)

3x left leg kicks to the front (4)

3x right and left leg kicks to the front

2x right and left leg kicks to side AND front

3x toe touch

3x pike

3x hurdler

1 minute plank

**\*\*Can trade out or add leg lifts in a seated jump position**

Roughly 30 minutes