

CHALLENGE JUMPING JACKS

1

15 Jumping jacks

2

20 Jumping jacks

3

25 Jumping jacks

4

30 Jumping jacks

5

Giorno di riposo

6

35 Jumping jacks

7

40 Jumping jacks

8

45 Jumping jacks

9

50 Jumping jacks

10

Giorno di riposo

11

55 Jumping jacks

12

60 Jumping jacks

13

65 Jumping jacks

14

70 Jumping jacks

15

Giorno di riposo

16

75 Jumping jacks

17

80 Jumping jacks

18

85 Jumping jacks

19

90 Jumping jacks

20

Giorno di riposo

21

95 Jumping jacks

22

100 Jumping jacks

23

105 Jumping jacks

24

Giorno di riposo

25

110 Jumping jacks

26

115 Jumping jacks

27

120 Jumping jacks

28

Giorno di riposo

29

125 Jumping jacks

30

130 Jumping jacks