

Big THANKS to the good people at www.Darebee.com.
Use this list of Aerobic-Jacks to complete Crossword Intervals.

SPLIT JACKS

<https://darebee.com/exercises/split-jacks.html>

PLANK JACKS

<https://darebee.com/exercises/plank-jacks.html>

JUMPING JACKS

<https://darebee.com/exercises/jumping-jacks.html>

SIDE JACKS

<https://darebee.com/exercises/side-jacks.html>

SEAL JACKS

<https://darebee.com/exercises/seal-jacks.html>

HALF JACKS

<https://darebee.com/exercises/half-jacks.html>

MARCH JACKS

<https://darebee.com/exercises/march-jacks.html>

TWIST JACKS

<https://darebee.com/exercises/twist-jacks.html>