**EXERCISE & JUMP ROPE CHART**

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| Protein(no rope) | Grain(using rope) | Vegetable(no rope) | Fruit(using rope) | Dairy(using rope) |
| 5 Burpees | Basic Jump 20 times | 5 Squat Jumps | Side Turns20 Times | Bell Jump 10 Times |
| 10 Tuck Jumps  | Heel Toe Bounce10 Times | 10 Lunges | Forward Straddle 8 Times | Side Turn Jump 20 Times |
| 20 Jumping Jacks | Double Under5 Times | 10 Squats | Kick Bounce5 Times | Toe to Toe10 Times |
| 10 Ski Jumpers | Side Straddle 8 Times | 10 Star Jumps | Heel to Heel 10 Times | Ski Jump -Side to Side 8 Times |

