**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 Turns  20 Times | Bell Jump  10 Times |
| 10 Tuck Jumps | Heel Toe Bounce  10 Times | 10 Lunges | Forward Straddle  8 Times | Side Turn Jump  20 Times |
| 20 Jumping Jacks | Double Under  5 Times | 10 Squats | Kick Bounce  5 Times | Toe to Toe  10 Times |
| 10 Ski Jumpers | Side Straddle  8 Times | 10 Star Jumps | Heel to Heel  10 Times | Ski Jump -  Side to Side  8 Times |

