

## EXERCISE & JUMP ROPE CHART

<b>Protein</b> (no rope)	<b>Grain</b> (using rope)	<b>Vegetable</b> (no rope)	<b>Fruit</b> (using rope)	<b>Dairy</b> (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