



10 Plank Jacks

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



15 March Jacks

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



20 Side Jacks

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



20 Split Jacks

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



20 Half-Jacks

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



25 Step Jacks

Darebee Video Link: <https://darebee.com/exercises/step-jacks.html>