



Jump! Into Spring



What is the goal of the **Jump! into Spring** Fitness Challenge?

This challenge has multiple goals. The first is to improve cardiovascular endurance. Secondly, jump rope will improve dynamic balance and coordination, reflexes, bone density and muscular endurance.

The 1-minute Speed Rope Challenge

Count how many times you can successfully jump your rope in one minute. Jumps **do not** need to be consecutive. Calculate your daily total on the jump rope log.

What if I don't have a jump rope?

No problem at all! Simply perform the challenge by jumping with an *invisible* rope. Pretend to turn the rope as you jump.

What if I'm unable to jump rope YET?

Try to perform the number of jumps listed on the **JUMP Into Spring Daily Tracker** *with* the rope. For the 1-minute challenge, stretch the rope out on the ground. Count how many times you can jump back and forth over the rope in one minute. Don't worry! With practice, you'll be jumping rope soon.

Choose a level that's comfortable yet challenging for you:

Level 1 – Perform the number of jumps listed each day followed by the 1-minute speed rope challenge.

Level 2 – *Double* the number of jumps listed each day followed by the 1-minute speed rope challenge.

Level 3 – *Triple* the number of jumps listed each day followed by the 1-minute speed rope challenge.



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Daily Tracker

1 25 Jumps + 1-Minute Challenge: _____	2 30 Jumps + 1-Minute Challenge: _____	3 35 Jumps + 1-Minute Challenge: _____	4 40 Jumps + 1-Minute Challenge: _____	5 45 Jumps + 1-Minute Challenge: _____	6 REST	7 50 Jumps + 1-Minute Challenge: _____
8 55 Jumps + 1-Minute Challenge: _____	9 60 Jumps + 1-Minute Challenge: _____	10 65 Jumps + 1-Minute Challenge: _____	11 70 Jumps + 1-Minute Challenge: _____	12 REST	13 75 Jumps + 1-Minute Challenge: _____	14 80 Jumps + 1-Minute Challenge: _____
15 85 Jumps + 1-Minute Challenge: _____	16 90 Jumps + 1-Minute Challenge: _____	17 95 Jumps + 1-Minute Challenge: _____	18 REST	19 100 Jumps + 1-Minute Challenge: _____	20 105 Jumps + 1-Minute Challenge: _____	21 110 Jumps + 1-Minute Challenge: _____
22 115 Jumps + 1-Minute Challenge: _____	23 120 Jumps + 1-Minute Challenge: _____	24 REST	25 125 Jumps + 1-Minute Challenge: _____	26 130 Jumps + 1-Minute Challenge: _____	27 135 Jumps + 1-Minute Challenge: _____	28 140 Jumps + 1-Minute Challenge: _____
29 150 Jumps + 1-Minute Challenge: _____	30 REST	Feel free to continue jumping after the 1-minute challenge. Can you perform any jump rope tricks?				