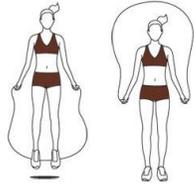




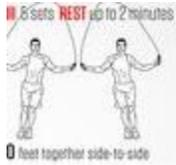
# 30 DAY JUST JUMP ACTIVITY LOG

JumpStarz uses the exciting sport of double-dutch to build confidence, improve cardiovascular health and nutrition while empowering youth to set and reach goals

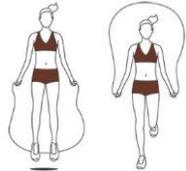
The workout: Choose one of the techniques listed below, Jump 45 minutes, rest 15 seconds, repeat 10 X's for a total of 10 minutes.



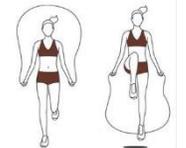
**Basic Jump:** This is the most basic of jump rope techniques and if you're a complete beginner, then you should start here. It just requires you to stand with both feet slightly apart and jump over the rope, landing in the same position that you started in.



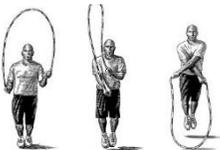
**Side to Side:** Starting off in the Two Feet Basic Jump position, begin performing the same jump as normal. As you're jumping, using both feet, start jumping from side to side. You can start by doing short side jumps first then progress onto longer side jumps.



**Skip Jumps:** Instead of jumping with both feet at once, alternate your feet as if running in place. Be sure to raise your knees to the front. Jump a little higher than 1 inch off the floor. Stay on the balls of your feet.



**High knees:** Jump roping is similar to skip jumps, except you lift your knees high in the air one at a time. This technique can be tiring, so try it for a few a seconds and then resume your normal jump roping movement.



**Criss Cross:** Jump rope at a regular speed until you get into a steady rhythm. Cross your arms in front of you as they swing forward and the rope is moving over head. Jump over the rope with arms crossed in front of your body. Uncross the arms as they swing forward and the rope is moving over your head. Alternate crossing and uncrossing the arms with each jump.

Day 1		Day 16	
Day 2		Day 17	
Day 3		Day 18	
Day 4		Day 19	
Day 5		Day 20	
Day 6		Day 21	
Day 7		Day 22	
Day 8		Day 23	
Day 9		Day 24	
Day 10		Day 25	
Day 11		Day 26	
Day 12		Day 27	
Day 13		Day 28	
Day 14		Day 29	
Day 15		Day 30	