

Jump Rope Challenge

20 min walk 50 Jumps	20 min walk 55 Jumps	Rest	20 min walk 60 Jumps	20 min walk 65 Jumps	Rest	20 min walk 70 Jumps
30 min walk 70 Jumps	30 min walk 75 Jumps	Rest	30 min walk 80 Jumps	30 min walk 85 Jumps	Rest	30 min walk 90 Jumps
45 min walk 90 Jumps	45 min walk 95 Jumps	Rest	45 min walk 100 Jumps	45 min walk 105 Jumps	Rest	45 min walk 110 Jumps
50 min walk 115 Jumps	50 min walk 120 Jumps	Rest	50 min walk 125 Jumps	50 min walk 130 Jumps	Rest	50 min walk 135 Min

- **4 SETS EACH
(EX. 25 JUMPS 4 SETS)**
- **2 MIN BREAK INBETWEEN
EACH SET**