Monthly Health Challenge: Jumping Jack Challenge

Are you looking for a total body workout? Well jumping jacks are a simple cardiovascular exercise that incorporates a variety of muscles. Jumping jacks help tone your arms, shoulder, chest, hips, buttocks, thighs, and legs, while also improving both your stamina and endurance. Plus, you can burn up to 6 calories per minute.

How to perform the perfect jumping jack?

1. Stand with your feet together and your hands down by your side.
2. In one motion, jump your feet out to the side and raise your arms above your head. Your hands should touch each other.
3. Immediately reverse that motion by jumping back to the starting position and repeat.

*To make jumping jacks easier, take out the jumping. Step out to the side at a distance that you are comfortable with. To make the jumping jacks more difficult, perform a squat and touch the floor after each jump.

For beginners, please follow the (E) Easy track. For a more difficult track, follow the (C) Challenging track .

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 (E)10 (C) 15	2 (E)12 (C) 20	3 (E)15 (C)25	4 (E) 18 (C) 35	5 (E)Rest (C)45	6 (E)20 (C) Rest
7 (E) 25 (C) 55	8 (E) 28 (C) 65	9 (E) 30 (C) Rest	10 (E)Rest (C)75	11 (E)35 (C)90	12 (E) 38 (C) 100	13 (E)40 (C) 115
14 (E)50 (C) Rest	15 (E)Rest (C) 135	16 (E) 55 (C)150	17 (E)60 (C) 175	18 (E) 65 (C) 185	19 (E) 70 (C)Rest	20 (E) Rest (C) 200
21 (E) 80 (C) 215	22 (E)85 (C) 230	23 (E)90 (C) Rest	24 (E) 95 (C) 245	25 (E) Rest (C) 260	26 (E) 100 (C) 270	27 (E) 110 (C) Rest
28 (E) 120 (C) 280	29 (E) 130 (C) 290	30 (E) 140 (C) 300				

Source: http://30dayfitnesschallenges.com