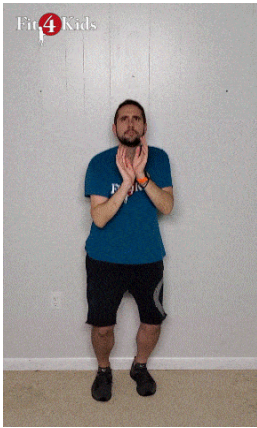


Jumping Exercises



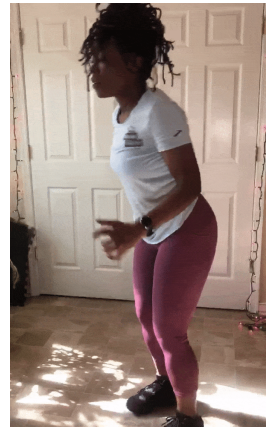
Basketball Shots



Broad Jumps



Burpees



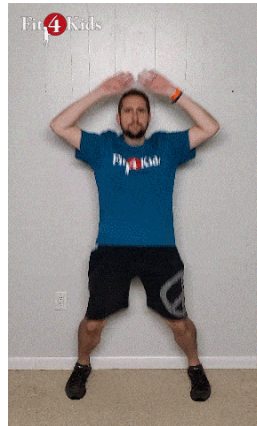
Forward Bounds



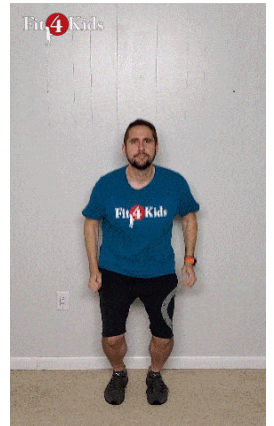
Frog Jumps



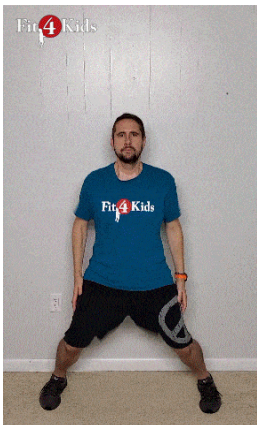
Hops (1 Foot)



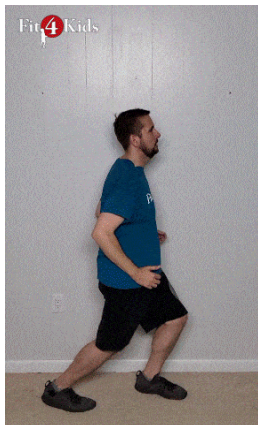
Jumping Jacks



Jumps



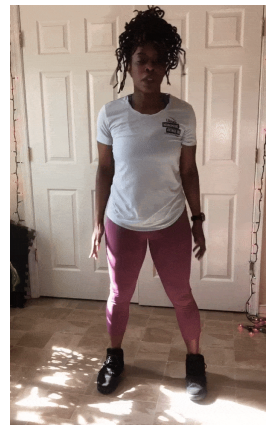
Low Jacks



Scissor Kicks



Ski Jumps



Squat Jumps



Star Jumps



Tuck Jumps



Other Jumping