

JUMP ROPE CHALLENGE

I'M GOING TO COMPLETE 500 JUMPS PER DAY FOR ONE MONTH!

START DAY:

SUN

MON

TUE

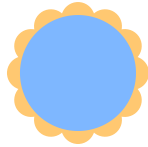
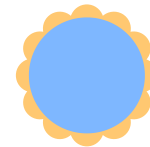
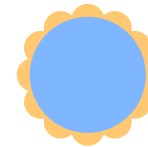
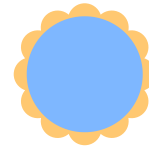
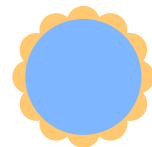
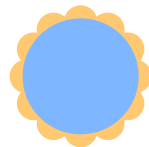
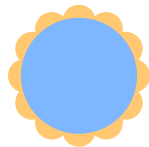
WED

THU

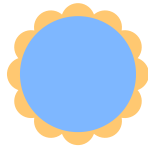
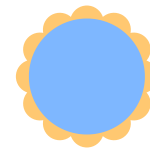
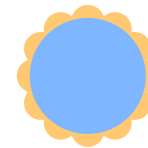
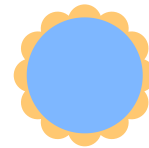
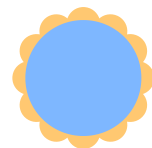
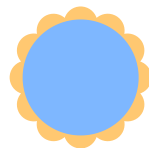
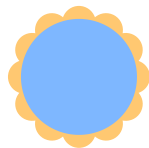
FRI

SAT

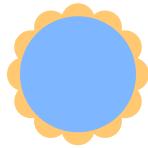
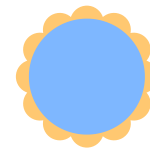
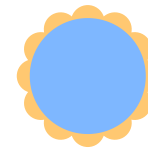
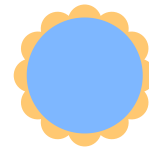
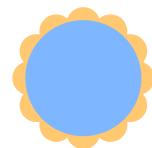
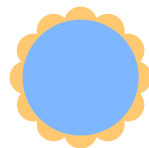
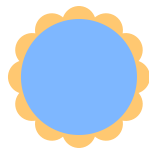
WEEK 1:



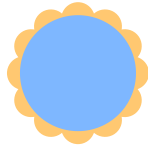
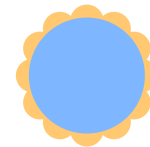
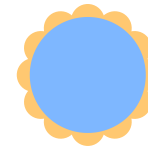
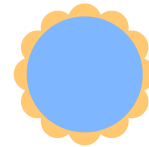
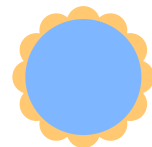
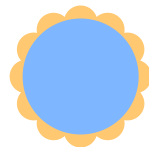
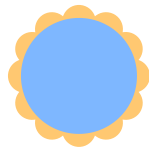
WEEK 2:



WEEK 3:



WEEK 4:



WEEK 5:

