

Jump Start Your Metabolism

25 Day Challenge

1 5 Plank Walk Tuck Reach 5 X-Switch Jump 5 Bear Crawl Escape	2 5 Plank Walk Tuck Reach 5 X-Switch Jump 5 Bear Crawl Escape	3 5 Plank Walk Tuck Reach 5 X-Switch Jump 5 Bear Crawl Escape	4 5 Plank Walk Tuck Reach 5 X-Switch Jump 5 Bear Crawl Escape	5 Rest + Stretch	6 10 Plank Walk Tuck Reach 10 X-Switch Jump 10 Bear Crawl Escape
1 10 Plank Walk Tuck Reach 10 X-Switch Jump 10 Bear Crawl Escape	2 10 Plank Walk Tuck Reach 10 X-Switch Jump 10 Bear Crawl Escape	3 10 Plank Walk Tuck Reach 10 X-Switch Jump 10 Bear Crawl Escape	4 Rest + Stretch	5 15 Plank Walk Tuck Reach 15 X-Switch Jump 15 Bear Crawl Escape	6 15 Plank Walk Tuck Reach 15 X-Switch Jump 15 Bear Crawl Escape
1 15 Plank Walk Tuck Reach 15 X-Switch Jump 15 Bear Crawl Escape	2 15 Plank Walk Tuck Reach 15 X-Switch Jump 15 Bear Crawl Escape	3 Rest + Stretch	4 20 Plank Walk Tuck Reach 20 X-Switch Jump 20 Bear Crawl Escape	5 20 Plank Walk Tuck Reach 20 X-Switch Jump 20 Bear Crawl Escape	6 20 Plank Walk Tuck Reach 20 X-Switch Jump 20 Bear Crawl Escape
1 20 Plank Walk Tuck Reach 20 X-Switch Jump 20 Bear Crawl Escape	2 Rest + Stretch	3 25 Plank Walk Tuck Reach 25 X-Switch Jump 25 Bear Crawl Escape	4 25 Plank Walk Tuck Reach 25 X-Switch Jump 25 Bear Crawl Escape	5 25 Plank Walk Tuck Reach 25 X-Switch Jump 25 Bear Crawl Escape	6 25 Plank Walk Tuck Reach 25 X-Switch Jump 25 Bear Crawl Escape
1 Rest + Stretch	2 30 Plank Walk Tuck Reach 30 X-Switch Jump 30 Bear Crawl Escape	3 30 Plank Walk Tuck Reach 30 X-Switch Jump 30 Bear Crawl Escape	4 30 Plank Walk Tuck Reach 30 X-Switch Jump 30 Bear Crawl Escape	5 30 Plank Walk Tuck Reach 30 X-Switch Jump 30 Bear Crawl Escape	6 40 Plank Walk Tuck Reach 40 X-Switch Jump 40 Bear Crawl Escape

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