

# MWR Fitness Center Jump Rope Challenge

## JUMP INTO FALL 30-DAY CHALLENGE

DAY 1 - 50  
DAY 2 - 150  
DAY 3 - 50  
DAY 4 - 150  
DAY 5 - 50  
DAY 6 - 150  
DAY 7 - REST  
DAY 8 - 165  
DAY 9 - 150  
DAY 10 - 200

DAY 11 - 150  
DAY 12 - 220  
DAY 13 - REST  
DAY 14 - REST  
DAY 15 - 250  
DAY 16 - 150  
DAY 17 - 320  
DAY 18 - 165  
DAY 19 - 350  
DAY 20 - REST

DAY 21 - REST  
DAY 22 - 350  
DAY 23 - 150  
DAY 24 - 425  
DAY 25 - 150  
DAY 26 - 400  
DAY 27 - REST  
DAY 28 - REST  
DAY 29 - 150  
DAY 30 - 500

**ADVANCED CHALLENGE OPTION: DOUBLE THE NUMBER OF JUMPS EACH DAY TO REACH 1,000**

**\*SHARE YOUR PROGRESS WITH US ON SOCIAL MEDIA.**

