

Set #	Exercise Name
1	Exercise: Jumping Jacks (video)
	Rest 10 Seconds
2	Exercise: Half-Jacks (video)
	Rest 10 Seconds
3	Exercise: Side Jacks (video)
	Rest 10 Seconds
4	Exercise: Step Jacks (video)
	Rest 10 Seconds
5	Exercise: Jumping Jacks (video)
	Rest 10 Seconds
6	Exercise: Split Jacks (video)
	Rest 10 Seconds
7	Exercise: March Jacks (video)
	Rest 10 Seconds
8	Exercise: Jumping Jacks (video)
	Rest 10 Seconds