

<p>Start Position</p> <p><b>Jumper Glutes/Legs</b></p> <p>End Position</p>					
<p>Start Position</p> <p><b>Jumper Cardio</b></p> <p>End Position</p>					
<p>Start Position</p> <p><b>Jumper Core</b></p> <p>End Position</p>					
<p>Start Position</p> <p><b>Jumper Back</b></p> <p>End Position</p>					
<p>Start Position</p> <p><b>Jumper Abs</b></p> <p>End Position</p>					
<p><b>Stretch/Relaxation</b></p>					