

HONEY WE'RE HEALTHY

30-DAY FITNESS CHALLENGE

#HWHFitnessChallenge

20 MINUTE MINI TRAMPOLINE WORKOUT

This workout is designed to be done on a mini trampoline. However, if you do not have access to a mini trampoline, you can still get the same benefits of jumping with doing the alternative (Alt) exercises below! Check out [Cari's blog](#) for more alternative plyometric exercises and modifications.

Overview: Jumping is a great workout because it's fun but also really gets your heart rate up and challenges your muscles, bones and core (from balancing)! *Try to do each set 2-3 times!*

Equipment: a mini trampoline (or a jumprope)

*Warmup for 5 minutes first by doing easy jumping, jumping jacks, etc.

Set #1

Jump: Do criss-cross jumps for 2 minutes alternating what foot crosses in front. Keep legs slightly bent. Alt: Jumprope w/ both feet or try criss-cross

Strength: Do 1 minute of standing squats on the trampoline. Alt: do regular squats on the ground and hold 1-2 weights to make it harder.

Set #2

Jump: Hold a low squat and jump feet in and out for 1 minute. Alt: do this same move on the ground.

Strength: Do 15 decline pushups with feet on the trampoline and hands on ground. Alt: place feet on step or bench or just do regular pushups on ground.

Set #3

Jump: Do high knees on the trampoline for 1 minute and pump arms like sprinting! Alt: do this on the ground for 1 min.

Strength: Do 15 elevated lunges on each leg by placing one foot back behind you on trampoline. Alt: do this using a step/bench or flat on ground

Set #4

Jump: 60 seconds "scissor feet" jumping feet front and back. Try adding arm punches. Alt: on the ground or try this with a jumprope!

Strength: Seated knee tucks on trampoline. Alt: do them on the ground