

6 workouts to choose from:

★ SC~Rebounder Workout (20+ minutes)

SC ~ Strength and Conditioning: This workout can be ANY I Jump Instead routine that sparks joy for you! Aim for 20+ minutes. Feel free to do the same each week or switch it up. Nasal Breathing Recommended.

★ H~Outdoor Workout (30 minutes)

H ~ Hills: Find a hill and climb it. One big hill or one small hill on repeat will work. If you don't have a hill nearby, stairs will do. Bike ride works as well. Start with a 5m warm-up and end with a 5m cool down. Nasal Breathing Recommended.

★ IT~Rebounder Workout (20-30 minutes)

IT ~ Interval Training: This workout will be created by you. Start with a 5m warm-up and end with a 5m cool down. For your running intervals: aim for 10 total intervals, choosing either 30s on/30s off or 60s on/60s off. Nasal Breathing Recommended.

★ D~Outdoor Workout (60-90 minutes)

D ~ Distance: It's time to take a long, strong WALK (bike ride works too). If you live near the hills, definitely walk the hills. If you're walking the dog, aim for 90 minutes to make up for sniffing time. If you don't have a dog, 60 minutes will suffice. If you're an experienced runner, feel free to run. Easy pace. Nasal Breathing Recommended.

★ D~Rebounder Workout (60 minutes)

D ~ Distance: This workout will be created by you. Start with a 5m warm-up and end with a 5m cool down. Jog comfortably for 1 hour. If you want to give your legs a rest, feel free to sit bounce as needed. Pump those arms and make it count. Nasal Breathing Recommended.

★ 5k~Rebounder/Outdoor Workout (20-40 minutes)

5k ~ 5k Practice: This will be a (F)uncomfortable workout to say the least. Whether you're on your Jumper or on the pavement, make it count. In the earlier weeks, start with half your goal race time, and work your way up as you get closer to race day. Mouth Breathing Recommended.