

Killer Cardio Jump Pyramid

*Rest 30 seconds between each round

Round 1: 1 Minute

- Basic Jump 60 seconds

Round 2: 2 Minutes

- Basic Jump 30 seconds
- Side Hops 30 seconds
- Repeat

Round 3: 3 Minutes

- Basic Jump 30 seconds
- Side to Side Hops 30 seconds
- Toe Taps 30 seconds
- Repeat

Round 4: 4 Minutes

- Basic Jump 30 seconds
- Side to Side Hops 30 seconds
- Toe Taps 30 seconds
- Single Leg 5 count Hops 30 seconds
- Repeat

Round 5: 5 Minutes

- Basic Jump 30 seconds
- Side Hops 30 seconds
- Toe Taps 30 seconds
- Single Leg 5 count Hops 30 seconds
- Forward to Back Hops 30 seconds
- Repeat

Round 6: 4 Minutes

- Same as Round 4

Round 7: 3 Minutes

- Same as Round 3

Round 8: 2 Minutes

- Same as Round 2

Round 9: 1 Minute

- Same as Round 1

The End!