

10 MINUTE OR LESS JUMPING CORE ROUTINE



BONUS PDF FILE

By: Mike Romaine

 **SUPERHERO**  **JACKED** 

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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

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10 Minute or Less Jumping to a Tight Core Routine

The Workout Routine:

9 Minute Tabata

Tabata Explanation: 20 seconds on one workout, 10 second break, and onto the next to repeat!

Movements:

Mountain Climbers and Jumping Jacks