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dec 5 2022 keep your back very straight while you re jumping practice in front of a mirror dropping into the imaginary chair and keeping your back straight to avoid injury 3 push your body up with your legs spring off the balls of your feet swinging your hands up into the air towards the ceiling for additional momentum slang to be lively bustle a disco that really jumps v tr 1 to leap over or across jump a fence 2 to leap onto jump a bus 3 slang to spring upon in sudden attack assault or ambush muggers jumped him in the park 4 to move or start prematurely before jumped the starting signal 5 to cause to leap jump a horse over a fence 6 mar 4 2021 jumping builds strength and improves muscle tone jumping exercises such as rope jumping and jumping jacks are great for your upper and lower body jumping is an excellent calorie burner it helps you dig into the fat burning zone your body stores energy as fat jumping helps utilize glycogen stored carbohydrates and fat reserves jumping jumping enjoys its place both nationally and internationally as one of the most popular and perhaps most recognizable equestrian events aside from thoroughbred horse racing at its highest competitive level jumping is recognized as one of the three olympic equestrian disciplines alongside both dressage and eventing you ll find fun for the whole family at rockin jump trampoline park located in san diego ca learn more about our park hours and ticket pricing special events unique indoor attractions and more use our reservation system to guarantee your jump time by booking ahead online jumping definition 1 present participle of jump 2 to push yourself suddenly off the ground and into the air using learn more jumping or leaping is a form of locomotion or movement in which an organism or non living e g robotic mechanical system propels itself through the air along a ballistic trajectory aug 23 2015 aug 22 2015 5 52 pm pt the signs are all there warning that the sandy ragged edge of sunset cliffs is unstable and that jumping from the bluff into the ocean is illegal but social media and mar 9 2021 jumping rope is a form of exercise that involves swinging a rope around your body and jumping over it as it passes under your feet it s a form of cardiovascular training since the constant to move suddenly and sharply as in surprise the sudden appearance of a mouse scurrying across the floor made me jump synonyms similar words leaping cringing wincing bolting flinching jerking startling twitching starting springing reacting bounding recoiling jolting responding spooking shrinking blenching quailing squinching 3 as in flying fédération equestre internationale fei fei org verb 'jəmp jumped jumping jumps synonyms of jump intransitive verb 1 a to spring into the air leap especially to spring free from the ground or other base by the muscular action of feet and legs b to move suddenly or involuntarily start c to move energetically hustle d to start out or forward begin usually used with off see definition of jumping on dictionary com adj vaulting synonyms for jumping compare synonyms active animated beating bouncing bounding dynamic hopping hurdling irregular leaping pulsating quaking quivering shaking skipping springing throbbing trembling buoyant lively unsteady vibrant antonyms for jumping most relevant inactive dec 1 2021 jump and extend your arms overhead with your feet shoulder width apart slightly bend your knees so you can hop as you hop or jump just a few inches off the ground lift your arms overhead until your hands are about shoulder width apart 3 extend your legs as you jump open your legs wider than shoulder width as you lift your arms overhead feb 5 2021 it started with getting hooked on bungee jumping during a trip to costa rica a few years ago as soon as i got back to california i started researching local bungee jumping options as it turned out the only government certified bungee jumping center in california and anywhere within a 1 000 mile radius of los angeles is bungee america may 28 2020 1 jumping jacks jumping jacks are a type of plyometric exercise that can help you jump higher by building lower body strength they also elevate your heart rate while shifting your body out of bungee jumping sport in which the jumper falls from a high place with a rubber bungee cord attached both to his or her feet and to the jump site and after a period of headfirst free fall is bounced partway back when the cord rebounds from its maximum stretch nov 18 2021 jumping spiders do have a few things in common they re usually small often 0 5 inches 12 7 mm or less in length they re often fuzzy and they re distinguishable by their distinct eye pattern specialties gojump oceanside is southern california s most scenic drop zone located a mile and a half from the beach we offer first time tandem skydives and host experienced jumpers from around the world we re minutes away from the oceanside harbor and pier area which includes great hotels and restaurants for your post skydive entertainment come make a day of it what does jumping mean information and translations of jumping in the most comprehensive dictionary definitions resource on the web login

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