

Minute	Direction	Technique
1	F	Jog-step Intensity 2 Jump from one foot to other only high enough to let rope pass.
2	F	Kick-step Intensity 4 Jump on each foot two times, every other jump swing for a kick.
3	F	Kick-step criss-cross Intensity 5 Jump on each foot two times, every other jump swing for a kick while criss-crossing arms.
4	F	Legs criss-cross Intensity 6 Jump crossing legs alternately.
5	F	Legs&arms criss-cross Intensity 8 Jump crossing legs alternately while criss-crossing arms.
6	F	Jog-step Intensity 2 Jump from one foot to other only high enough to let rope pass.
7	F	Cranking - right hand OH grip Intensity 7 Hold right handle in overhand grip and left handle in underhand grip. Right arm is stretched and stays static, left hand makes movement as if turning a crank.
8	F	Cranking - left hand OH grip Intensity 7 Hold left handle in overhand grip and right handle in underhand grip. Left arm is stretched and stays static, right hand makes movement as if turning a crank.
9	F	Switch grip UH to OH - jog-step Intensity 3 Jump the jog-step and switch from underhand grip to overhand grip.
10	F	Extend-arms-to-side OH Intensity 6 Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet.
11	F	Jog-step OH Intensity 3 Hold handles in overhand grip and jump the jog-step.
12	F	Extend-arms-to-back OH Intensity 6 Hold handles in overhand grip and stretch arms as wide as possible jumping backwards with closed feet.
13	F	Switch grip OH to UH - jog-step Intensity 3 Jump the jog-step and switch from overhand grip to underhand grip.
14	F	Closed-feet skip Intensity 3 Keep feet & knees together, jump as low as possible and jump as fast as possible.
15	F	DU butt-tuck Intensity 9 All-out! Double-under with tuck squat to buttocks and one intermediate jump.
16	F	Jog-step Intensity 2 Jump from one foot to other only high enough to let rope pass.
17	F/B	Swing change forw/backw w. side-swing & half-turn Intensity 5 Swing change from forward to backward with side-swing and half turn. You are now jumping backward but your back faces the clock. Do a 180 degree turn by incrementally turning towards the clock to continue with more techniques jumping backward.
18	B	Closed-feet max-speed Intensity 9 All-out! Keep feet & knees together, jump as low as possible and as fast as possible.
19	B	Jog-step Intensity 3 Jump from one foot to other only high enough to let rope pass.
20	B	Slow-hop Intensity 2 Jump as slowly as possible with closed feet (no intermediate jump).



Chart o1

