

**01****Orange Workout 1 – <http://duvide.com/workouts/o1> (online video instruction)**

Minute	Direction	Technique
<b>1</b>	F	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>2</b>	F	<b>Kick-step</b>
Intensity 4		Jump on each foot two times, every other jump swing for a kick.
<b>3</b>	F	<b>Kick-step criss-cross</b>
Intensity 5		Jump on each foot two times, every other jump swing for a kick while criss-crossing arms.
<b>4</b>	F	<b>Legs criss-cross</b>
Intensity 6		Jump crossing legs alternately.
<b>5</b>	F	<b>Legs&amp;arms criss-cross</b>
Intensity 8		Jump crossing legs alternately while criss-crossing arms.
<b>6</b>	F	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>7</b>	F	<b>Cranking - right hand OH grip</b>
Intensity 7		Hold right handle in overhand grip and left handle in underhand grip. Right arms is stretched and stays static, left hand makes movement as if turning a crank.
<b>8</b>	F	<b>Cranking - left hand OH grip</b>
Intensity 7		Hold left handle in overhand grip and right handle in underhand grip. Left arms is stretched and stays static, right hand makes movement as if turning a crank.
<b>9</b>	F	<b>Switch grip UH to OH - jog-step</b>
Intensity 3		Jump the jog-step and switch from underhand grip to overhand grip.
<b>10</b>	F	<b>Extend-arms-to-side OH</b>
Intensity 6		Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet.
<b>11</b>	F	<b>Jog-step OH</b>
Intensity 3		Hold handles in overhand grip and jump the jog-step.



<b>12</b>	F	<b>Extend-arms-to-back OH</b>
Intensity 6		Hold handles in overhand grip and stretch arms as wide as possible jumping backwards with closed feet.
<b>13</b>	F	<b>Switch grip OH to UH - jog-step</b>
Intensity 3		Jump the jog-step and switch from overhand grip to underhand grip.
<b>14</b>	F	<b>Closed-feet skip</b>
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
<b>15</b>	F	<b>DU butt-tuck</b>
Intensity 9	<b>All-out!</b>	Double-under with tuck squat to buttocks and one intermediate jump.
<b>16</b>	F	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>17</b>	F/B	<b>Swing change forw/backw w. side-swing &amp; half-turn</b>
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.
<b>18</b>	B	<b>Closed-feet max-speed</b>
Intensity 9	<b>All-out!</b>	Keep feet & knees together, jump as low as possible and as fast as possible.
<b>19</b>	B	<b>Jog-step</b>
Intensity 3		Jump from one foot to other only high enough to let rope pass.
<b>20</b>	B	<b>Slow-hop</b>
Intensity 2		Jump as slowly as possible with closed feet (no intermediate jump).

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