



Jumpropes

Minute	Direction	Technique
1	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
2	F	Jumping-Jack sideways
Intensity 5		Jump spreading and closing legs sideways.
3	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
4	F	Bell back&forth
Intensity 5		Jump with closed feet backward and forward.
5	F	Bell back&forth criss-cross
Intensity 7		Jump with closed feet backward and forward while criss-crossing arms.
6	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.
7	B	Kick-step
Intensity 5		Jump on each foot two times, every other jump swing for a kick.
8	B	Knee-to-chest
Intensity 7		Alternately pull one knee to chest with low intermediate jump inbetween.
9	B	Switch grip UH to OH - jog-step
Intensity 4		Jump the jog-step and switch from underhand grip to overhand grip.
10	B	Shoulder-pull OH
Intensity 8		Hold handles in overhand grip pull shoulders up to neck and keep arms straight.
11	B	Extend-arms-to-back OH
Intensity 7		Hold handles in overhand grip and stretch arms as wide as possible jumping backwards with closed feet.
12	B	Switch grip OH to UH - jog-step
Intensity 5		Jump the jog-step and switch from overhand grip to underhand grip.
13	B/F	Swing change backw/forw w. side-swing & half-turn
Intensity 5		Swing change from backward to forward with side-swing and half turn. You are now jumping forward but your back faces the clock. Do a 180 degree turn by incrementally turning towards the clock to continue with more techniques jumping forward.
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 criss-cross 5 jump intervals
Intensity 10	All-out!	First rotation hands besides body, second rotation criss-cross arms.
16	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
17	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
18	F	Bell sideways
Intensity 5	All-out!	Thrust heels to buttocks alternately with arms crossed in front.
19	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
20	F	Slow-hop
Intensity 1		Jump as slowly as possible with closed feet (no intermediate jump).

Chart o8

