

y1**Yellow Workout 1 - <http://duvide.com/workouts/y1> (online video instruction)**

<i>Minute</i>	<i>Direction</i>	<i>Technique</i>
1	B	Jog-step
Intensity 3		Jump from one foot to other only high enough to let rope pass.
2	B	Run-step
Intensity 5		Lift legs as if running on spot.
3	B	Can-can
Intensity 7		Jump on one foot and kick other foot as high as possible in front.
4	B/F	Swing change backw/forw - closed feet
Intensity 3		Jump with closed feet backward, slow down and let feet catch the rope to stop. Continue jumping forward.
5	F	Cranking - right hand OH grip
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.
6	F	Cranking - left hand OH grip
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.
7	F	Switch grip UH to OH - jog-step
Intensity 3		Jump the jog-step and switch from underhand grip to overhand grip.
8	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.
9	F	Jog-step OH
Intensity 3		Hold handles in overhand grip and jump the jog-step.



10	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.
11	F	Switch grip OH to UH - jog-step
Intensity 3		Jump the jog-step and switch from overhand grip to underhand grip.
12	F	Closed-feet skip
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
13	F	DU butt-tuck
Intensity 9	All-out!	Double-under with tuck squat to buttocks and one intermediate jump.
14	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
15	F	Slow-hop
Intensity 1		Jump as slowly as possible with closed feet (no intermediate jump).

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