

# y10

Yellow Workout 10 – <http://duvide.com/workouts/y10> (online video instruction)

<i>Minute</i>	<i>Direction</i>	<i>Technique</i>
<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>Heels-to-butt</b>
Intensity 4		Thrust heels to buttocks alternately.
<b>3</b>	F	<b>Heels-to-butt criss-cross</b>
Intensity 6		Thrust heels to buttocks alternately while criss-crossing arms.
<b>4</b>	F	<b>Jog-step</b>
Intensity 2		Jump from one foot to other only high enough to let rope pass.
<b>5</b>	F	<b>Leg-swing</b>
Intensity 7		Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.
<b>6</b>	F	<b>Leg-swing</b>
Intensity 7		Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.
<b>7</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>8</b>	F	<b>Jog-step OH</b>
Intensity 3		Hold handles in overhand grip and jump the jog-step.
<b>9</b>	F	<b>Jumping-Jack back&amp;forth OH</b>
Intensity 7		Hold handles in overhand grip. Jump spreading legs to front and back.



<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>Switch grip OH to UH - jog-step</b>
Intensity 3		Jump the jog-step and switch from overhand grip to underhand grip.
<b>12</b>	F/B	<b>Swing change forw/backw - closed feet</b>
Intensity 3		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping backwards.
<b>13</b>	B	<b>Sprint-step</b>
Intensity 8	<b>All-out!</b>	Alternate high knee with each rotation.
<b>14</b>	B	<b>Jog-step</b>
Intensity 3		Jump from one foot to other only high enough to let rope pass.
<b>15</b>	B	<b>Slow-hop</b>
Intensity 2		Jump as slowly as possible with closed feet (no intermediate jump).
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