

y4

Yellow Workout 4 - <http://duvide.com/workouts/y4> (online video instruction)



Jumpropes

Minute	Direction	Technique
1	B	Jog-step
Intensity 3		Jump from one foot to other only high enough to let rope pass.
2	B	Kick-step
Intensity 5		Jump on each foot two times, every other jump swing for a kick.
3	B	Tiptoe-skip
Intensity 7		Jump on tiptoes with closed feet.
4	B	Jog-step
Intensity 3		Jump from one foot to other only high enough to let rope pass.
5	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.
6	F	Switch grip UH to OH - jog-step
Intensity 3		Jump the jog-step and switch from underhand grip to overhand grip.
7	F	Can-can OH
Intensity 7		Hold handles in overhand grip. Jump on one foot and kick other foot as high as possible in front.
8	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.
9	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.
10	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
11	F	Hollow-back
Intensity 6		Make hollow back. Hold handles in back as if trying to touch elbows behind back jumping with closed feet.
12	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
13	F	Squad-skip
Intensity 9	All-out!	Start by jumping with closed feet. With 3 jumps go down into squat. Stay there for 10 jumps then go up again.
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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Chart y4

