

y9**Yellow Workout 9 – <http://duvide.com/workouts/y9> (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	Bell back&forth
Intensity 6		Jump with closed feet backward and forward.
3	B	Kick-step
Intensity 5		Jump on each foot two times, every other jump swing for a kick.
4	B	Twister
Intensity 6		Jump on both feet and twist hip from one side to other.
5	B	Knee-to-chest
Intensity 7		Alternately pull one knee to chest with low intermediate jump inbetween.
6	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.
7	F	Closed-feet skip
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
8	F	Hollow-back
Intensity 6		Make hollow back. Hold handles in back as if trying to touch elbows behind back jumping with closed feet.
9	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.



10	F	Shoulder-pull
Intensity 6		Pull shoulders up and stretch arms back while jumping with closed feet.
11	F	Jog-step
Intensity 2		Jump from one foot to other only high enough to let rope pass.
12	F	Switch grip UH to OH - jog-step
Intensity 3		Jump the jog-step and switch from underhand grip to overhand grip.
13	F	Knee-to-shoulder OH
Intensity 8	All-out!	Hold handles in overhand grip. Alternately pull one knee to shoulders with low intermediate jump inbetween.
14	F	Jog-step OH
Intensity 3		Hold handles in overhand grip and jump the jog-step.
15	F	Slow-hop OH
Intensity 2		Hold handles in overhand grip and jump as slow as possible with closed feet.
7/20/2009		Copyright (C) 2009 Frank Duvinage - duvide Jumpropes

Chart y9

