

Video for each technique: duvide.com/st/ye4en.pdf		duvide Skipping Workout YELLOW # 4 (15 minutes)	
Watch out for direction when starting: << = jump backwards >> = jump forward <> = backward to forward >< = forward to backward			
Minute	Direction	Technique	
1	<<	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
2	<<	Run-step	
Intensity 4		Lift legs as if running on spot.	
3	<<	Speedy short-step	
Intensity 6		Lift your feet alternately only high enough to let the rope pass.	
4	<<	Run-step	
Intensity 4		Lift legs as if running on spot.	
5	< >	Swing change with full stop	
Intensity 2		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
6	>>	Switch grip underhand to overhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
7	>>	Scissors overhand	
Intensity 7		Hold handles in overhand grip. Jump spreading legs to front and back.	
8	>>	Twister overhand	
Intensity 6		Hold handles in overhand grip, jump on both feet and twist hip from one side to other.	
9	>>	Arms-to-front overhand	
Intensity 6		Hold handles in overhand grip and stretch arms as wide as possible in front jumping with closed feet as low as possible.	
10	>>	Switch grip overhand to underhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
11	>>	Arms-cross	
Intensity 7		Cross arms in front and continue jumping in this position while jumping with closed feet.	
12	>>	Closed-feet skip	
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.	
13	>>	Squat-skip	
Intensity 8	All-out!	Start by jumping with closed feet. With 3 jumps go down into squat. Stay there for 5 jumps then go up again.	
14	>>	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
15	>>	Slow-hop	
Intensity 1		Jump as slowly as possible with closed feet (no intermediate jump).	