

duvide Jumprope Workout # 1 (Intensity Score 18)

JR-WO#01 (IS 18)		Jumping directions: >> = forward << = backward >< = forward & backward ∞ = swinging	
Time	Intensity	Direction	Technique & Description
a 1 min	2.5	>>	Jog-trot Jump from one foot to other only high enough to let the rope pass.
1.5 min			30 seconds rest
b 2.5 min	4	>>	Butt-kick Thrust heels to buttocks alternately.
3 min			30 seconds rest
c 3.5 min	2.5	<<	Closed-feet skip Keep feet & knees together. Jump only high enough to let rope pass.
4 min			30 seconds rest
d 5 min	4	>>	Scissors Jump spreading legs to front and back.
5.5 min			30 seconds rest
e 6 min	1	∞	Figure-8-swing single-hand Swing rope in front with both handles in one hand describing a figure 8. Movement comes from the hip. Change hands after 30 seconds.
6.5 min			30 seconds rest
f 7.5 min	4	>>	Marshaller Move stretched out arms up and down like signaling someone. Movement comes solely from shoulders.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			