## duvide Jumprope Workout # 1 (Intensity Score 18)

Jumping directions: >> = forward | << = backward | >< = forward & backward | ∞ = swinging JR-WO#01 (IS 18) **Technique & Description** Time Intensity Direction

a

Jog-trot

30 seconds rest

Jump from one foot to other only high enough to let the rope pass.

1 min

1.5 min

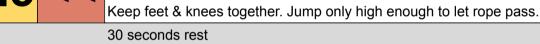
**Butt-kick** 

Thrust heels to buttocks alternately. 2.5 min

3 min

30 seconds rest **Closed-feet skip** 

3.5 min



4 min



## **Scissors**

Change hands after 30 seconds.

Marshaller

30 seconds rest

Jump spreading legs to front and back.

Figure-8-swing single-hand

If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.

Swing rope in front with both handles in one hand describing a figure 8. Movement comes from the hip.

Move stretched out arms up and down like signaling someone. Movement comes solely from shoulders.

Copyright © 2021 Frank Duvinage - duvide.com

30 seconds rest

5 min

5.5 min

6 min

6.5 min

7.5 min



