

# duvide Jumprope Workout # 4 (Intensity Score 21.5)

JR-WO#04 (IS 21.5)		Jumping directions: >> = forward   << = backward   >< = forward & backward   ∞ = swinging	
Time	Intensity	Direction	Technique & Description
<b>a</b> 1 min	<b>3.5</b>	<b>&gt;&gt;</b>	<b>Tiptoe-skip</b> Jump on tiptoes with closed feet.
1.5 min			30 seconds rest
<b>b</b> 2.5 min	<b>2.5</b>	<b>&lt;&lt;</b>	<b>Closed-foot skip</b> Keep feet & knees together. Jump only high enough to let rope pass.
3 min			30 seconds rest
<b>c</b> 3.5 min	<b>5</b>	<b>&gt;&gt;</b>	<b>Single-foot criss-cross</b> Jump on one leg while criss-crossing arms. Change leg after 3 times criss-crossing.
4 min			30 seconds rest
<b>d</b> 5 min	<b>3.5</b>	<b>&gt;&gt;</b>	<b>Flapping</b> Jump with closed feet and rotate the rope by moving your forearms up and down with steady wrists.
5.5 min			30 seconds rest
<b>e</b> 6 min	<b>2</b>	<b>&lt;&lt;</b>	<b>Slow-hop</b> Jump as slowly as possible with closed feet without intermediate jump.
6.5 min			30 seconds rest
<b>f</b> 7.5 min	<b>5</b>	<b>&gt;&gt;</b>	<b>Butt-kick criss-cross</b> Thrust heels to buttocks alternately while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			