

# duvide Jump rope Workout # 7 (Intensity Score 23)

JR-WO#07 (IS 23)		Jumping directions: >> = forward   << = backward   >< = forward & backward   ∞ = swinging	
Time	Intensity	Direction	Technique & Description
<b>a</b> 1 min	<b>3</b>	<b>&gt;&gt;</b>	<b>Kick-step</b> Jump on each foot two times, every other jump swing for a kick.
1.5 min		30 seconds rest	
<b>b</b> 2.5 min	<b>4</b>	<b>&lt;&lt;</b>	<b>Bell</b> Jump with closed feet back and forth.
3 min		30 seconds rest	
<b>c</b> 3.5 min	<b>3</b>	<b>∞</b>	<b>Lunges with side-swing</b> Do a left right side swing then go down into a lunge with one leg back, go up do one regular jump do a side swing and go down with other leg back...
4 min		30 seconds rest	
<b>d</b> 5 min	<b>4.5</b>	<b>&gt;&gt;</b>	<b>Can-can</b> Jump on one foot and kick other foot as high as possible in front.
5.5 min		30 seconds rest	
<b>e</b> 6 min	<b>3.5</b>	<b>&lt;&lt;</b>	<b>Bowlegs-knockknees</b> Jump on your toes one jump pointing outside the next pointing inside.
6.5 min		30 seconds rest	
<b>f</b> 7.5 min	<b>5</b>	<b>&gt;&gt;</b>	<b>Scissors criss-cross</b> Jump spreading legs to front and back while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			