

Video for each technique:  
[duvide.com/st/or3en.pdf](https://duvide.com/st/or3en.pdf)

## duvide Skipping Workout ORANGE # 3 (20 minutes)

Watch out for direction when starting: << = jump backwards | >> = jump forward | <> = backward to forward | >< = forward to backward

Minute	Direction	Technique
1	>>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
2	>>	<b>Jog-trot criss-cross</b> <i>Intensity 4</i> Jump from one foot to other while criss-crossing arms.
3	>>	<b>Closed-foot skip</b> <i>Intensity 3</i> Keep feet & knees together, jump as low as possible and jump as fast as possible.
4	>>	<b>Slalom</b> <i>Intensity 6</i> Jump with closed feet from one side to other.
5	>>	<b>Slalom</b> <i>Intensity 6</i> Jump with closed feet from one side to other.
6	>>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
7	>>	<b>Leg-swing (leg change after 10 swings)</b> <i>Intensity 7</i> Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.
8	>>	<b>Leg-swing (leg change after 10 swings)</b> <i>Intensity 7</i> Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.
9	><	<b>Swing change with side-swing (+half-turn)</b> <i>Intensity 5</i> Swing change from backward to forward with side-swing and half turn. Now turn 180 degree by incrementally turning towards timer to continue with the techniques facing timer.
10	<<	<b>Arms-to-side</b> <i>Intensity 5</i> Stretch arms as wide as possible sideways jumping with closed feet as low as possible.
11	<<	<b>Arms-to-side</b> <i>Intensity 5</i> Stretch arms as wide as possible sideways jumping with closed feet as low as possible.
12	<<	<b>Arms-to-side</b> <i>Intensity 5</i> Stretch arms as wide as possible sideways jumping with closed feet as low as possible.
13	<>	<b>Swing change with side-swing (+half-turn)</b> <i>Intensity 5</i> Swing change from backward to forward with side-swing and half turn. Now turn 180 degree by incrementally turning towards timer to continue with the techniques facing timer.
14	>>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
15	>>	<b>DU criss-cross with intermediate jump</b> <i>Intensity 10</i> <b>All-out!</b> First rotation hands besides body, second rotation criss-cross arms with intermediate jump.
16	>>	<b>Closed-foot skip</b> <i>Intensity 3</i> Keep feet & knees together, jump as low as possible and jump as fast as possible.
17	>>	<b>Switch grip underhand to overhand</b> <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet).
18	>>	<b>Knee-to-shoulder overhand</b> <i>Intensity 8</i> <b>All-out!</b> Hold handles in overhand grip. Alternately pull one knee to shoulders with low intermediate jump inbetween.
19	>>	<b>Jog-trot overhand</b> <i>Intensity 3</i> Hold handles in overhand grip and jump the jog-trot.
20	>>	<b>Slow-hop overhand</b> <i>Intensity 2</i> Hold handles in overhand grip and jump as slow as possible with closed feet.