

Jump Rope Circuit

- Stand in front of a clock or timer of some sort
- Jump Rope for 5 minutes to warm up – Test out the different styles you are not as good at.
- Rest for 2 minutes
- Repeat 10 x
 - Jump rope as quickly as possible for 60 seconds
 - Rest for 30 seconds

1. Regular/Basic
2. Right Foot
3. Left Foot
4. Jogging Step
5. Regular/Basic
6. Criss Cross
7. Left Foot
8. Right Foot
9. Twisting
10. Regular/Basic

Types of Jump Rope

Regular/Basic Jump - Begin with rope behind you. Swing rope over your head, moving hands, and rope, forwards. Jump over rope with feet together.

Reverse Jump - Begin with rope in front of your body. Swing the rope backwards, over your head. Jump over the rope just as you would forwards, keeping feet together.

Jogging Step Jump - Begin as if you were doing a basic jump. When you swing the rope over your head, do not keep feet together. Instead, switch them back and forth, in a jogging motion as you jump.

Criss Cross Jump - Begin as if you were doing a basic jump. When you jump over the rope, bring your left arm over to cross the right. Then bring arm back over.

Twisting Jump - The twisting jump is simply a basic jump, but as you jump, twist your lower body side to side.

Double Under - When you have had some practice jumping, try to move the rope twice under your feet for each jump. With even more practice, you could even get it three or four times under.