

Video for each technique: duvide.com/st/ye7en.pdf		duvide Skipping Workout YELLOW # 7 (15 minutes)	
Watch out for direction when starting: << = jump backwards >> = jump forward <> = backward to forward >< = forward to backward			
Minute	Direction	Technique	
1	<<	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
2	<<	Kick-step	
Intensity 4		Jump on each foot two times, every other jump swing for a kick.	
3	<<	Twister	
Intensity 5		Jump on both feet and twist hip from one side to other.	
4	<<	Legs criss-cross	
Intensity 5		Jump crossing legs alternately.	
5	< >	Swing change with full stop	
Intensity 2		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
6	>>	Legs criss-cross	
Intensity 5		Jump crossing legs alternately.	
7	>>	Closed-feet skip	
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.	
8	>>	Jumping-Jack	
Intensity 6		Jump spreading and closing legs sideways.	
9	>>	Closed-feet skip	
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.	
10	>>	Jumping-Jack	
Intensity 6		Jump spreading and closing legs sideways.	
11	>>	Switch grip underhand to overhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
12	>>	Closed-feet skip overhand	
Intensity 3		Hold handles in overhand grip. Keep feet & knees together, jump as low as possible and jump as fast as possible.	
13	>>	Squat-skip overhand	
Intensity 9	All-out!	Hold the handles in the overhand grip and jumping with closed feet. With 3 jumps go down into the squat. Stay there for 5 jumps then go up again.	
14	>>	Jog-trot overhand	
Intensity 3		Hold handles in overhand grip and jump the jog-trot.	
15	>>	Slow-hop overhand	
Intensity 2	Slow-hop overhand	Hold handles in overhand grip and jump as slow as possible with closed feet.	
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