

# duvide Jumprope Workout # 2 (Intensity Score 19)

JR-WO#02 (IS 19)		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>3.5</b>	<b>&gt;&gt;</b>	<b>Bowlegs-knockknees</b> Jump on your toes one jump pointing outside the next pointing inside.
3 min		30 seconds rest	
<b>c</b> 3.5 min	<b>2.5</b>	<b>&lt;&lt;</b>	<b>Jog-trot</b> Jump from one foot to other only high enough to let the rope pass.
4 min		30 seconds rest	
<b>d</b> 5 min	<b>4.5</b>	<b>&lt;&lt;</b>	<b>Knee-to-chest</b> Alternately pull one knee to chest with low intermediate jump inbetween.
5.5 min		30 seconds rest	
<b>e</b> 6 min	<b>1</b>	<b>∞</b>	<b>Figure-8-swing double-hand</b> Swing rope in front with closed forearms describing the figure 8. Movement comes from the hip.
6.5 min		30 seconds rest	
<b>f</b> 7.5 min	<b>4.5</b>	<b>&gt;&gt;</b>	<b>Closed-feet criss-cross</b> Keep feet & knees together. Jump only high enough to let rope pass while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			