

duvide Jumprope Workout # 3 (Intensity Score 20)

JR-WO#03 (IS 19)		Jumping directions: >> = forward << = backward >< = forward & backward ∞ = swinging	
Time	Intensity	Direction	Technique & Description
a 1 min	2.5	>>	Closed-feet skip Keep feet & knees together. Jump only high enough to let rope pass.
1.5 min		30 seconds rest	
b 2.5 min	3.5	<<	Speedy short-step Lift your feet alternately only high enough to let the rope pass.
3 min		30 seconds rest	
c 3.5 min	3.5	>>	Pendulum Swing your legs sideways alternately
4 min		30 seconds rest	
d 5 min	2.5	>>	Jog-trot Keep feet & knees together. Jump only high enough to let rope pass.
5.5 min		30 seconds rest	
e 6 min	3	<<	Twister Jump with closed feet while twisting hip from one side to other.
6.5 min		30 seconds rest	
f 7.5 min	5	>>	Kick-step criss-cross Jump on each foot two times, every other jump swing for a kick while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			