

duvide Jump rope Workout # 5 (Intensity Score 22)

JR-WO#05 (IS 22)		Jumping directions: >> = forward << = backward >< = forward & backward ∞ = swinging	
Time	Intensity	Direction	Technique & Description
a 1 min	3	<<	Kick-step Jump on each foot two times, every other jump swing for a kick.
1.5 min			30 seconds rest
b 2.5 min	3.5	>>	Run-step Lift legs as if running on spot.
3 min			30 seconds rest
c 3.5 min	4	>>	Bell Jump with closed feet back and forth.
4 min			30 seconds rest
d 5 min	4.5	>>	Push-up jump Do 3 closed feet jumps, bend forward in order to spread the rope flat on the ground. Get down for one push-up. Get up and continue jumping 3 times...
5.5 min			30 seconds rest
e 6 min	2	<<	Slow-hop Jump as slowly as possible with closed feet without intermediate jump.
6.5 min			30 seconds rest
f 7.5 min	5	>>	Twister criss-cross Jump with closed feet twisting hip from one side to other while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			