

# duvide Jumprope Workout # 6 (Intensity Score 22.5)

JR-WO#06 (IS 22.5)		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>Twister</b> Jump with closed feet while twisting hip from one side to other.
1.5 min		30 seconds rest	
<b>b</b> 2.5 min	<b>4</b>	<b>&gt;&gt;</b>	<b>Side-step</b> Jump sideways from one foot to other.
3 min		30 seconds rest	
<b>c</b> 3.5 min	<b>4</b>	<b>&gt;&gt;</b>	<b>Jumping-Jack</b> Jump spreading and closing legs sideways.
4 min		30 seconds rest	
<b>d</b> 5 min	<b>4.5</b>	<b>&lt;&lt;</b>	<b>Sprint-step</b> Alternate high knee with each rotation.
5.5 min		30 seconds rest	
<b>e</b> 6 min	<b>2</b>	<b>∞</b>	<b>Helicopter-swing</b> Rotate the rope with closed forearms over your head. Change direction after 10 rotations.
6.5 min		30 seconds rest	
<b>f</b> 7.5 min	<b>5</b>	<b>&gt;&gt;</b>	<b>Bell criss-cross</b> Jump with closed feet back and forth while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			