

duvide Jumprope Workout # 8 (Intensity Score 23.5)

JR-WO#08 (IS 23.5)		Jumping directions: >> = forward << = backward >< = forward & backward ∞ = swinging	
Time	Intensity	Direction	Technique & Description
a 1 min	4	>>	Marshaller Move stretched out arms up and down like signaling someone. Movement comes solely from shoulders.
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	><	Swing-change f/b w. half-turn Jump forward, do a side-swing & pivot 180 degree. Now jumping backward 3 times. When the rope is swinging upwards, turn again 180 degree and continue jumping forward 3 times...
4 min		30 seconds rest	
d 5 min	4.5	>>	Knee-to-chest Alternately pull one knee to chest with low intermediate jump inbetween.
5.5 min		30 seconds rest	
e 6 min	2.5	<<	Jog-trot Jump from one foot to other only high enough to let the rope pass.
6.5 min		30 seconds rest	
f 7.5 min	5	>>	Tiptoe-skip criss-cross Jump on tiptoes with closed feet while criss-crossing arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			