

duvide Jumprope Workout # 9 (Intensity Score 24)

JR-WO#09 (IS 24)		Jumping directions: >> = forward << = backward >< = forward & backward ∞ = swinging	
Time	Intensity	Direction	Technique & Description
a 1 min	3.5	>>	Speedy short-step Lift your feet alternately only high enough to let the rope pass.
1.5 min		30 seconds rest	
b 2.5 min	3.5	<<	Pendulum Swing your legs sideways alternately
3 min		30 seconds rest	
c 3.5 min	4.5	>>	Jog-trot criss-cross Jump from one foot to other while criss-crossing arms.
4 min		30 seconds rest	
d 5 min	4	>>	Side-swing criss-cross Jump and swing rope one time on left side on second swing criss-cross arms and swing rope one time. Continue side-swing on right side.
5.5 min		30 seconds rest	
e 6 min	4	>>	Slalom Jump with closed feet from one side to other.
6.5 min		30 seconds rest	
f 7.5 min	4.5	<<	Criss-cross backward Two closed feet jumps backward than one jump with crossed arms.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			