

duvide Jumprope Workout # 10 (Intensity Score 25)

JR-WO#10 (IS 25)		Jumping directions: >> = forward << = backward >< = forward & backward ∞ = swinging	
Time	Intensity	Direction	Technique & Description
a 1 min	3.5	<<	Tiptoe-skip Jump on tiptoes with closed feet.
1.5 min			30 seconds rest
b 2.5 min	5	>>	Run-step criss-cross Lift legs as if running on spot while criss-crossing arms.
3 min			30 seconds rest
c 3.5 min	3.5	>>	Crissfront-crossback hop Do a side swing then cross with one arm in front and the other in back.
4 min			30 seconds rest
d 5 min	4	<<	Butt-kick Thrust heels to buttocks alternately.
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	6	>>	Squat-skip Start by jumping with closed feet. With 3 jumps go down into squat. Stay there for 5-10 jumps then go up again.
If you do more than one cycle, rest now for 90 seconds (1.5 min) before continuing.			