

| Minute | Direction | Technique |
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| 1 | >> | Jog-trot <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass. |
| 2 | >> | Butt-kick <i>Intensity 5</i> Thrust heels to buttocks alternately. |
| 3 | >> | Butt-kick criss-cross <i>Intensity 8</i> Thrust heels to buttocks alternately while criss-crossing arms. |
| 4 | >> | Jog-trot <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass. |
| 5 | >> | Marshaller <i>Intensity 7</i> Move stretched out arms up and down like signaling someone to stop. Movement comes solely from shoulders. Jump high enough to let the rope pass. |
| 6 | >> | Marshaller <i>Intensity 7</i> Move stretched out arms up and down like signaling someone to stop. Movement comes solely from shoulders. Jump high enough to let the rope pass. |
| 7 | >> | Switch grip underhand to overhand <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet). |
| 8 | >> | Shoulder-pull overhand <i>Intensity 7</i> Hold handles in overhand grip pull shoulders up to neck and keep arms straight. |
| 9 | >> | Closed-feet skip overhand <i>Intensity 6</i> Hold handles in overhand grip. Keep feet & knees together, jump as low as possible and jump as fast as possible. |
| 10 | >> | Arms-to-side overhand <i>Intensity 6</i> Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet. |
| 11 | >> | Jog-trot overhand <i>Intensity 7</i> Hold handles in overhand grip and jump the jog-trot. |
| 12 | >> | Scissors overhand <i>Intensity 7</i> Hold handles in overhand grip. Jump spreading legs to front and back. |
| 13 | >> | Switch grip overhand to underhand <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet). |
| 14 | >> | Closed-feet skip <i>Intensity 3</i> Keep feet & knees together, jump as low as possible and jump as fast as possible. |
| 15 | >> | Squat-skip <i>Intensity 8</i> All-out! Start by jumping with closed feet. With 3 jumps go down into squat. Stay there for 5 jumps then go up again. |
| 16 | >< | Swing change with side-swing (+half-turn) <i>Intensity 5</i> Swing change from backward to forward with side-swing and half turn. Now turn 180 degree by incrementally turning towards timer to continue with the techniques facing timer. |
| 17 | << | Run-step <i>Intensity 4</i> Lift legs as if running on spot. |
| 18 | << | Sprint-step backward <i>Intensity 8</i> All-out! Alternate high knee with each rotation spinning rope backwards. |
| 19 | << | Jog-trot <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass. |
| 20 | << | Slow-hop <i>Intensity 1</i> Jump as slowly as possible with closed feet (no intermediate jump). |