

Video for each technique:  
[duvide.com/st/or1en.pdf](https://duvide.com/st/or1en.pdf)

## duvide Skipping Workout ORANGE # 1 (20 minutes)

Watch out for direction when starting: << = jump backwards | >> = jump forward | <> = backward to forward | >< = forward to backward

Minute	Direction	Technique
1	>>	<b>Jog-trot</b> <small>Intensity 2</small> Jump from one foot to other only high enough to let the rope pass.
2	>>	<b>Kick-step</b> <small>Intensity 4</small> Jump on each foot two times, every other jump swing for a kick.
3	>>	<b>Kick-step criss-cross</b> <small>Intensity 6</small> Jump on each foot two times, every other jump swing for a kick while criss-crossing arms.
4	>>	<b>Closed-foot skip</b> <small>Intensity 3</small> Keep feet & knees together, jump as low as possible and jump as fast as possible.
5	>>	<b>Jumping-Jack</b> <small>Intensity 6</small> Jump spreading and closing legs sideways.
6	>>	<b>Jumping-Jack</b> <small>Intensity 6</small> Jump spreading and closing legs sideways.
7	>>	<b>Jog-trot</b> <small>Intensity 2</small> Jump from one foot to other only high enough to let the rope pass.
8	>>	<b>Scissors</b> <small>Intensity 5</small> Jump spreading legs to front and back.
9	>>	<b>Switch grip underhand to overhand</b> <small>Intensity 3</small> Switch from overhand grip to underhand grip (jog-trot or closed feet).
10	>>	<b>Scissors overhand</b> <small>Intensity 7</small> Hold handles in overhand grip. Jump spreading legs to front and back.
11	>>	<b>Jog-trot overhand</b> <small>Intensity 3</small> Hold handles in overhand grip and jump the jog-trot.
12	>>	<b>Arms-to-side overhand</b> <small>Intensity 6</small> Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet.
13	>>	<b>Switch grip overhand to underhand</b> <small>Intensity 3</small> Switch from overhand grip to underhand grip (jog-trot or closed feet).
14	>>	<b>Closed-foot skip</b> <small>Intensity 3</small> Keep feet & knees together, jump as low as possible and jump as fast as possible.
15	>>	<b>DU butt-tuck</b> <small>Intensity 9</small> <b>All-out!</b> Double-under with tuck squat to buttocks and one intermediate jump.
16	>>	<b>Jog-trot</b> <small>Intensity 2</small> Jump from one foot to other only high enough to let the rope pass.
17	><	<b>Swing change with side-swing (+half-turn)</b> <small>Intensity 5</small> 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.
18	<<	<b>Closed-foot max-speed</b> <small>Intensity 8</small> <b>All-out!</b> Keep feet & knees together, jump as low as possible and as fast as possible.
19	<<	<b>Jog-trot</b> <small>Intensity 3</small> Jump from one foot to other only high enough to let the rope pass.
20	<<	<b>Slow-hop</b> <small>Intensity 2</small> Jump as slowly as possible with closed feet (no intermediate jump).