

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

Minute	Direction	Technique
<b>1</b>	<b>&gt;&gt;</b>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
<b>2</b>	<b>&gt;&gt;</b>	<b>Kick-step</b> <i>Intensity 4</i> Jump on each foot two times, every other jump swing for a kick.
<b>3</b>	<b>&gt;&gt;</b>	<b>Side-swing criss-cross kick-step</b> <i>Intensity 7</i> Jump the kick-step 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.
<b>4</b>	<b>&gt;&gt;</b>	<b>Side-swing criss-cross kick-step</b> <i>Intensity 7</i> Jump the kick-step 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.
<b>5</b>	<b>&gt;&gt;</b>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
<b>6</b>	<b>&gt;&gt;</b>	<b>Heel-skip</b> <i>Intensity 7</i> Jump on heels with closed feet.
<b>7</b>	<b>&gt;&lt;</b>	<b>Swing change with side-swing (+half-turn)</b> <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.
<b>8</b>	<b>&lt;&lt;</b>	<b>Tiptoe-skip</b> <i>Intensity 5</i> Jump on tiptoes with closed feet.
<b>9</b>	<b>&lt;&lt;</b>	<b>Closed-foot skip</b> <i>Intensity 3</i> Keep feet & knees together, jump as low as possible and jump as fast as possible.
<b>10</b>	<b>&lt;&lt;</b>	<b>Twister</b> <i>Intensity 5</i> Jump on both feet and twist hip from one side to other.
<b>11</b>	<b>&lt;&gt;</b>	<b>Swing change with side-swing (+half-turn)</b> <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.
<b>12</b>	<b>&gt;&gt;</b>	<b>Switch grip underhand to overhand</b> <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet).
<b>13</b>	<b>&gt;&gt;</b>	<b>Jumping-Jack overhand</b> <i>Intensity 7</i> Hold handles in overhand grip. Jump spreading and closing legs sideways.
<b>14</b>	<b>&gt;&gt;</b>	<b>Closed-foot skip overhand</b> <i>Intensity 3</i> Hold handles in overhand grip. Keep feet & knees together, jump as low as possible and jump as fast as possible.
<b>15</b>	<b>&gt;&gt;</b>	<b>Push-up jump overhand</b> <i>Intensity 8</i> <b>All-out!</b> Hold the handles in the overhand grip. Do 4 closed feet jumps, bend a bit forward in order to spread the rope flat on the ground. Do one push-up on fists, go up and continue jumping.
<b>16</b>	<b>&gt;&gt;</b>	<b>Switch grip overhand to underhand</b> <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet).
<b>17</b>	<b>&gt;&gt;</b>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
<b>18</b>	<b>&gt;&gt;</b>	<b>Double-under</b> <i>Intensity 9</i> <b>All-out!</b> Jump one time and let the rope pass 2 rotations.
<b>19</b>	<b>&gt;&gt;</b>	<b>Jog-trot</b> <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
<b>20</b>	<b>&gt;&gt;</b>	<b>Slow-hop</b> <i>Intensity 1</i> Jump as slowly as possible with closed feet (no intermediate jump).