

Minute	Direction	Technique
1	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
2	>>	Tiptoe-skip Intensity 5 Jump on tiptoes with closed feet.
3	>>	Closed-feet skip Intensity 3 Keep feet & knees together, jump as low as possible and jump as fast as possible.
4	>>	Closed-feet criss-cross Intensity 6 Jump with closed feet. Hold handles in overhand grip and criss-cross arms with each jump.
5	>>	Crissfront-crossback hop Intensity 7 Do a side swing then cross with one arm at the front and the other at the back.
6	>>	Crissfront-crossback hop Intensity 7 Do a side swing then cross with one arm at the front and the other at the back.
7	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
8	>>	Run-step Intensity 4 Lift legs as if running on spot.
9	>>	Sprint-step Intensity 7 Alternate high knee with each rotation.
10	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
11	>>	Hollow-back Intensity 6 Make hollow back. Hold handles in back as if trying to touch elbows behind back jumping with closed feet.
12	>>	Closed-feet skip Intensity 3 Keep feet & knees together, jump as low as possible and jump as fast as possible.
13	>>	Shoulder-pull Intensity 6 Pull shoulders up and stretch arms back while jumping with closed feet.
14	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
15	>>	Squat-skip arms-cross Intensity 9 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	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
17	>>	Switch grip underhand to overhand Intensity 3 Switch from overhand grip to underhand grip (jog-trot or closed feet).
18	>>	Double-under with 5 jump intervals overhand Intensity 9 All-out! Hold handles in overhand grip and let rope pass 2 times during each jump. Do 5 DUs, then 3 regular jumps.
19	>>	Jog-trot overhand Intensity 3 Hold handles in overhand grip and jump the jog-trot.
20	>>	Slow-hop overhand Intensity 2 Hold handles in overhand grip and jump as slow as possible with closed feet.