

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

Minute	Direction	Technique
1	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
2	>>	Twister Intensity 5 Jump on both feet and twist hip from one side to other.
3	>>	Twister criss-cross Intensity 6 Jump on both feet and twist hip from one side to other while criss-crossing arms.
4	>>	Closed-feet skip Intensity 3 Keep feet & knees together, jump as low as possible and jump as fast as possible.
5	>>	Knee-to-chest Intensity 6 Alternately pull one knee to chest with low intermediate jump inbetween.
6	><	Swing change with side-swing (+half-turn) Intensity 5 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.
7	<<	Knee-to-chest Intensity 6 Alternately pull one knee to chest with low intermediate jump inbetween.
8	<<	Arms-to-side Intensity 5 Stretch arms as wide as possible sideways jumping with closed feet as low as possible.
9	<<	Switch grip underhand to overhand Intensity 3 Switch from overhand grip to underhand grip (jog-trot or closed feet).
10	<<	Bell overhand Intensity 7 Hold handles in overhand grip. Jump with closed feet backward and forward.
11	<<	Arms-to-front overhand Intensity 6 Hold handles in overhand grip and stretch arms as wide as possible in front jumping with closed feet as low as possible.
12	<<	Switch grip overhand to underhand Intensity 3 Switch from overhand grip to underhand grip (jog-trot or closed feet).
13	<>	Swing change with side-swing (+half-turn) Intensity 5 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.
14	>>	Closed-feet skip Intensity 3 Keep feet & knees together, jump as low as possible and jump as fast as possible.
15	>>	DU chest-tuck Intensity 9 All-out! Double-under with tuck squat to chest and 1 intermediate jump.
16	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
17	>>	Butt-kick Intensity 5 Thrust heels to buttocks alternately.
18	>>	Butt-kick arms-cross Intensity 7 All-out! Butt-kick arms-cross
19	>>	Jog-trot Intensity 2 Jump from one foot to other only high enough to let the rope pass.
20	>>	Slow-hop Intensity 1 Jump as slowly as possible with closed feet (no intermediate jump).