

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

Minute	Direction	Technique
1	>>	<b>Jog-trot</b>
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
2	>>	<b>Run-step</b>
Intensity 4		Lift legs as if running on spot.
3	>>	<b>Run-step criss-cross</b>
Intensity 6		Lift legs as if running on spot while criss-crossing arms
4	>>	<b>Butt-kick</b>
Intensity 5		Thrust heels to buttocks alternately.
5	>>	<b>Closed-foot skip</b>
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
6	>>	<b>Side-step</b>
Intensity 5		Jump sideways from one foot to other.
7	>>	<b>Side-step</b>
Intensity 5		Jump sideways from one foot to other.
8	><	<b>Swing change with side-swing (+half-turn)</b>
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.
9	<<	<b>Switch grip underhand to overhand</b>
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).
10	<<	<b>Arms-to-side backward overhand</b>
Intensity 7		Hold handles in overhand grip and stretch arms as wide as possible sideways with closed feet spinning the rope backwards.
11	<<	<b>Arms-to-front backward overhand</b>
Intensity 7		Hold handles in overhand grip and stretch arms as wide as possible in front jumping with closed feet spinning rope backwards.
12	<<	<b>Arms-to-back backward overhand</b>
Intensity 8		Hold handles in overhand grip and stretch arms as wide as possible jumping backwards with closed feet spinning the rope backwards.
13	<<	<b>Switch grip overhand to underhand</b>
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).
14	<>	<b>Swing change with side-swing (+half-turn)</b>
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.
15	>>	<b>Quarter-rope</b>
Intensity 10	All-out!	Jump through the folded rope.
16	>>	<b>Jog-trot</b>
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
17	>>	<b>Run-step</b>
Intensity 4		Lift legs as if running on spot.
18	>>	<b>Sprint-step criss-cross</b>
Intensity 9	All-out!	Alternate high knee with each rotation while criss-crossing arms.
19	>>	<b>Jog-trot</b>
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
20	>>	<b>Slow-hop</b>
Intensity 1		Jump as slowly as possible with closed feet (no intermediate jump).