

Minute	Direction	Technique
1	<<	Jog-trot
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
2	<<	Kick-step
Intensity 4		Jump on each foot two times, every other jump swing for a kick.
3	<<	The Duck
Intensity 5		Stick your butt out as far as possible and jump flat with closed feet.
4	<>	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.
5	>>	Side-swing criss-cross run-step
Intensity 7		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.
6	>>	Side-swing criss-cross run-step
Intensity 7		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.
7	>>	Jog-trot
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
8	>>	Leg-to-front
Intensity 7		Jump on one foot with other leg stretched in front. Change legs after 10 jumps.
9	>>	Jog-trot
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
10	>>	Leg-to-back
Intensity 7		Jump on one foot with other leg stretched to back. Change legs after 10 jumps.
11	>>	Twister
Intensity 5		Jump on both feet and twist hip from one side to other.
12	>>	Switch grip underhand to overhand
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).
13	>>	Butt-kick overhand
Intensity 6		Hold handles in overhand grip. Thrust heels to buttocks alternately.
14	>>	Closed-feet skip overhand
Intensity 3		Hold handles in overhand grip. Keep feet & knees together, jump as low as possible and jump as fast as possible.
15	>>	Squat-skip overhand
Intensity 9	All-out!	Hold the handles in the overhand grip and jumping with closed feet. With 3 jumps go down into the squat. Stay there for 5 jumps then go up again.
16	>>	Switch grip overhand to underhand
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).
17	>>	Bell
Intensity 6		Jump with closed feet backward and forward.
18	>>	Bell criss-cross
Intensity 8	All-out!	Jump with closed feet backward and forward while criss-crossing arms.
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).