

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

Minute	Direction	Technique
1	>>	Jog-trot <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
2	>>	Jog-trot criss-cross <i>Intensity 4</i> Jump from one foot to other while criss-crossing arms.
3	>>	Closed-foot skip <i>Intensity 3</i> Keep feet & knees together, jump as low as possible and jump as fast as possible.
4	>>	Legs criss-cross <i>Intensity 5</i> Jump crossing legs alternately.
5	>>	Scissors <i>Intensity 5</i> Jump spreading legs to front and back.
6	><	Swing change with side-swing (+half-turn) <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.
7	<<	Scissors <i>Intensity 5</i> Jump spreading legs to front and back.
8	<<	Knee-to-chest <i>Intensity 6</i> Alternately pull one knee to chest with low intermediate jump inbetween.
9	<<	Switch grip underhand to overhand <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet).
10	<<	Shoulder-pull overhand <i>Intensity 7</i> Hold handles in overhand grip pull shoulders up to neck and keep arms straight.
11	<<	Arms-to-back overhand <i>Intensity 6</i> Hold handles in overhand grip and stretch arms as wide as possible jumping backwards with closed feet.
12	<<	Switch grip overhand to underhand <i>Intensity 3</i> Switch from overhand grip to underhand grip (jog-trot or closed feet).
13	<>	Swing change with side-swing (+half-turn) <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.
14	>>	Closed-foot skip <i>Intensity 3</i> Keep feet & knees together, jump as low as possible and jump as fast as possible.
15	>>	DU criss-cross with 5 jump intervals <i>Intensity 10</i> All-out! First rotation hands besides body, second rotation criss-cross arms.
16	>>	Jog-trot <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
17	>>	Jumping-Jack <i>Intensity 6</i> Jump spreading and closing legs sideways.
18	>>	Jumping-Jack criss-cross <i>Intensity 8</i> All-out! Jump spreading and closing legs sideways while criss-crossing arms.
19	>>	Jog-trot <i>Intensity 2</i> Jump from one foot to other only high enough to let the rope pass.
20	>>	Slow-hop <i>Intensity 1</i> Jump as slowly as possible with closed feet (no intermediate jump).