

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

Minute	Direction	Technique
1	>>	Jog-trot overhand
Intensity 3		Hold handles in overhand grip and jump the jog-trot.
2	>>	Twister overhand
Intensity 6		Hold handles in overhand grip, jump on both feet and twist hip from one side to other.
3	>>	Twister flapping overhand
Intensity 7		Hold handles in overhand grip, jump on both feet and twist hip from one side to other with arms flapping.
4	>>	Switch grip overhand to underhand
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).
5	>>	Kick-step
Intensity 4		Jump on each foot two times, every other jump swing for a kick.
6	>>	Can-can
Intensity 7		Jump on one foot and kick other foot as high as possible in front.
7	>>	Can-can
Intensity 7		Jump on one foot and kick other foot as high as possible in front.
8	>>	Jog-trot
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
9	>>	Speedy short-step
Intensity 6		Lift your feet alternately only high enough to let the rope pass.
10	>>	Closed-feet skip
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
11	>>	Arms-to-front
Intensity 5		Stretch arms as wide as possible in front while jumping with closed feet.
12	><	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.
13	<<	Butt-kick
Intensity 5		Thrust heels to buttocks alternately.
14	<<	Closed-feet skip
Intensity 3		Keep feet & knees together, jump as low as possible and jump as fast as possible.
15	<<	DU backward with intermediate jump
Intensity 10	All-out!	While spinning the rope backward, jump 1 time and let rope pass 2 rotations alternating with one single-under jump.
16	<>	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.
17	>>	Jog-trot
Intensity 2		Jump from one foot to other only high enough to let the rope pass.
18	>>	Pretzel
Intensity 9	All-out!	Stick right hand through hollow of right knee and jump 5 times on left leg. Get out with a side-swing. Change to other side (even if you did less than 5 jumps, change sides).
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).