

Video for each technique:		duvide Skipping Workout YELLOW # 10 (15 minutes)	
duvide.com/style10en.pdf			
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	>>	Kick-step	
<i>Intensity 4</i>		Jump on each foot two times, every other jump swing for a kick.	
3	>>	Knee-to-chest	
<i>Intensity 6</i>		Alternately pull one knee to chest with low intermediate jump inbetween.	
4	>>	Jog-trot	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
5	>>	Knee-to-chest	
<i>Intensity 6</i>		Alternately pull one knee to chest with low intermediate jump inbetween.	
6	>>	Jog-trot	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
7	>>	Switch grip underhand to overhand	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
8	>>	Jog-trot overhand	
<i>Intensity 3</i>		Hold handles in overhand grip and jump the jog-trot.	
9	>>	Twister flapping overhand	
<i>Intensity 7</i>		Hold handles in overhand grip, jump on both feet and twist hip from one side to other with arms flapping.	
10	>>	Arms-to-side overhand	
<i>Intensity 6</i>		Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet.	
11	>>	Switch grip overhand to underhand	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
12	> <	Swing change with full stop	
<i>Intensity 2</i>		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
13	<<	Sprint-step backward	
<i>Intensity 8</i>	All-out!	Alternate high knee with each rotation spinning rope backwards.	
14	<<	Jog-trot	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
15	<<	Slow-hop	
<i>Intensity 1</i>		Jump as slowly as possible with closed feet (no intermediate jump).	