

Video for each technique: duvide.com/st/ye1en.pdf		duvide Skipping Workout YELLOW # 1 (15 minutes)	
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	>>	Scissors	
<i>Intensity 5</i>		Jump spreading legs to front and back.	
3	>>	Jog-trot	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
4	>>	Scissors	
<i>Intensity 5</i>		Jump spreading legs to front and back.	
5	>>	Switch grip underhand to overhand	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
6	>>	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.	
7	>>	Knee-to-chest overhand	
<i>Intensity 7</i>		Hold handles in overhand grip. Alternately pull one knee to chest with low intermediate jump inbetween.	
8	>>	Flapping overhand	
<i>Intensity 6</i>		Hold handles in overhand grip and "flap" arms jumping with closed feet.	
9	>>	Switch grip overhand to underhand	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
10	>>	Knee-to-shoulder	
<i>Intensity 7</i>		Alternately pull one knee as high as possible to shoulders with low intermediate jump inbetween.	
11	> <	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.	
12	<<	Closed-feet skip	
<i>Intensity 3</i>		Keep feet & knees together, jump as low as possible and jump as fast as possible.	
13	<<	Closed-feet max-speed	
<i>Intensity 7</i>	All-out!	Keep feet & knees together, jump as low as possible and as fast as possible.	
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).	