

Video for each technique:		<b>duvide Skipping Workout YELLOW # 2 (15 minutes)</b>	
duvide.com/st/ye2en.pdf			
Watch out for direction when starting: << = jump backwards   >> = jump forward   <> = backward to forward   >< = forward to backward			
Minute	Direction	Technique	
<b>1</b>	>>	<b>Jog-trot</b>	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
<b>2</b>	>>	<b>Jog-trot criss-cross</b>	
<i>Intensity 4</i>		Jump from one foot to other while criss-crossing arms.	
<b>3</b>	>>	<b>Closed-feet skip</b>	
<i>Intensity 3</i>		Keep feet & knees together, jump as low as possible and jump as fast as possible.	
<b>4</b>	>>	<b>Bowlegs-knockknees</b>	
<i>Intensity 4</i>		Jump on your toes one jump pointing outside the next pointing inside.	
<b>5</b>	> <	<b>Swing change with full stop</b>	
<i>Intensity 2</i>		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
<b>6</b>	<<	<b>Tiptoe-skip</b>	
<i>Intensity 5</i>		Jump on tiptoes with closed feet.	
<b>7</b>	<<	<b>Switch grip underhand to overhand</b>	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
<b>8</b>	<<	<b>Kick-step overhand</b>	
<i>Intensity 5</i>		Hold handles in overhand grip. Jump on each foot two times, every second jump swing for a kick.	
<b>9</b>	<<	<b>Butt-kick overhand</b>	
<i>Intensity 6</i>		Hold handles in overhand grip. Thrust heels to buttocks alternately.	
<b>10</b>	<<	<b>Switch grip overhand to underhand</b>	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
<b>11</b>	< >	<b>Swing change with full stop</b>	
<i>Intensity 2</i>		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
<b>12</b>	>>	<b>Bell</b>	
<i>Intensity 6</i>		Jump with closed feet backward and forward.	
<b>13</b>	>>	<b>Bell criss-cross</b>	
<i>Intensity 8</i>	All-out!	Jump with closed feet backward and forward while criss-crossing arms.	
<b>14</b>	>>	<b>Jog-trot</b>	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
<b>15</b>	>>	<b>Slow-hop</b>	
<i>Intensity 1</i>		Jump as slowly as possible with closed feet (no intermediate jump).	