

| Video for each technique:<br>duvide.com/st/ye3en.pdf   |           | <b>duvide Skipping Workout YELLOW # 3 (15 minutes)</b>   |  |
|--|-----------|--|--|
| 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 overhand</b>   |  |
| <i>Intensity 3</i>   |           | Jump from one foot to other only high enough to let the rope pass.   |  |
| <b>2</b>   | >>        | <b>Bell overhand</b>   |  |
| <i>Intensity 7</i>   |           | Hold handles in overhand grip. Jump with closed feet backward and forward.                                 |  |
| <b>3</b>   | >>        | <b>Jog-trot overhand</b>   |  |
| <i>Intensity 3</i>   |           | Jump from one foot to other only high enough to let the rope pass.   |  |
| <b>4</b>   | >>        | <b>Bell overhand</b>   |  |
| <i>Intensity 7</i>   |           | Hold handles in overhand grip. Jump with closed feet backward and forward.                                 |  |
| <b>5</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>6</b>   | >>        | <b>Closed-feet criss-cross</b>   |  |
| <i>Intensity 6</i>   |           | Jump with closed feet. Hold handles in overhand grip and criss-cross arms with each jump.                  |  |
| <b>7</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>8</b>   | <<        | <b>Arms-to-side</b>  |  |
| <i>Intensity 5</i>   |           | Stretch arms as wide as possible sideways jumping with closed feet as low as possible.                     |  |
| <b>9</b>   | <<        | <b>Arms-to-side</b>  |  |
| <i>Intensity 5</i>   |           | Stretch arms as wide as possible sideways jumping with closed feet as low as possible.                     |  |
| <b>10</b>  | <<        | <b>Arms-to-side</b>  |  |
| <i>Intensity 5</i>   |           | Stretch arms as wide as possible sideways jumping with closed feet as low as possible.                     |  |
| <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>Run-step</b>  |  |
| <i>Intensity 4</i>   |           | Lift legs as if running on spot.   |  |
| <b>13</b>  | >>        | <b>Sprint-step criss-cross</b>   |  |
| <i>Intensity 9</i>   | All-out!  | Alternate high knee with each rotation 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).  |  |