

Video for each technique: duvide.com/st/ye5en.pdf		duvide Skipping Workout YELLOW # 5 (15 minutes)	
Watch out for direction when starting: << = jump backwards >> = jump forward <> = backward to forward >< = forward to backward			
Minute	Direction	Technique	
1	>>	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
2	>>	Kick-step	
Intensity 4		Jump on each foot two times, every other jump swing for a kick.	
3	>>	Can-can	
Intensity 7		Jump on one foot and kick other foot as high as possible in front.	
4	>>	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
5	>>	Can-can	
Intensity 7		Jump on one foot and kick other foot as high as possible in front.	
6	> <	Swing change with full stop	
Intensity 2		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
7	<<	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
8	<<	Switch grip underhand to overhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
9	<<	Arms-to-front overhand	
Intensity 6		Hold handles in overhand grip and stretch arms as wide as possible in front jumping with closed feet as low as possible.	
10	<<	Flapping overhand	
Intensity 6		Hold handles in overhand grip and "flap" arms jumping with closed feet.	
11	<<	Switch grip overhand to underhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
12	< >	Swing change with full stop	
Intensity 2		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
13	>>	Double-under	
Intensity 9	All-out!	Jump one time and let the rope pass 2 rotations.	
14	>>	Jog-trot	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
15	>>	Slow-hop	
Intensity 1		Jump as slowly as possible with closed feet (no intermediate jump).	