

Video for each technique: duvide.com/st/ye6en.pdf		duvide Skipping Workout YELLOW # 6 (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	>>	Twister	
<i>Intensity 5</i>		Jump on both feet and twist hip from one side to other.	
3	>>	Twister criss-cross	
<i>Intensity 6</i>		Jump on both feet and twist hip from one side to other while criss-crossing arms.	
4	>>	Closed-feet skip	
<i>Intensity 3</i>		Keep feet & knees together, jump as low as possible and jump as fast as possible.	
5	>>	Marshaller	
<i>Intensity 7</i>		Move stretched out arms up and down like signaling someone to stop. Movement comes solely from shoulders. Jump high enough to let the rope pass.	
6	>>	Jog-trot	
<i>Intensity 2</i>		Jump from one foot to other only high enough to let the rope pass.	
7	>>	Leg-swing (leg change after 10 swings)	
<i>Intensity 7</i>		Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.	
8	>>	Leg-swing (leg change after 10 swings)	
<i>Intensity 7</i>		Jump on one foot and swing other leg back and forth as far as possible. Change legs after 10 jumps.	
9	>>	Switch grip underhand to overhand	
<i>Intensity 3</i>		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
10	>>	Bowlegs-knockknees overhand	
<i>Intensity 5</i>		Hold the handles in the overhand grip. Jump on toes with one jump pointing outside the next pointing inside.	
11	>>	Bowlegs-knockknees overhand	
<i>Intensity 5</i>		Hold the handles in the overhand grip. Jump on toes with one jump pointing outside the next pointing inside.	
12	>>	Closed-feet skip overhand	
<i>Intensity 3</i>		Hold handles in overhand grip. Keep feet & knees together, jump as low as possible and jump as fast as possible.	
13	>>	Push-up jump overhand	
<i>Intensity 8</i>	All-out!	Hold the handles in the overhand grip. Do 4 closed feet jumps, bend a bit forward in order to spread the rope flat on the ground. Do one push-up on fists, go up and continue jumping.	
14	>>	Jog-trot overhand	
<i>Intensity 3</i>		Hold handles in overhand grip and jump the jog-trot.	
15	>>	Slow-hop overhand	
<i>Intensity 2</i>		Hold handles in overhand grip and jump as slow as possible with closed feet.	