

Video for each technique: duvide.com/st/ye8en.pdf		duvide Skipping Workout YELLOW # 8 (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	>>	Side-step	
Intensity 5		Jump sideways from one foot to other.	
3	>>	Speedy short-step	
Intensity 6		Lift your feet alternately only high enough to let the rope pass.	
4	>>	Slalom	
Intensity 6		Jump with closed feet from one side to other.	
5	> <	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.	
6	<<	Switch grip underhand to overhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
7	<<	Arms-to-side overhand	
Intensity 6		Hold handles in overhand grip and stretch arms as wide as possible sideways jumping with closed feet.	
8	<<	Closed-feet skip overhand	
Intensity 3		Hold handles in overhand grip. Keep feet & knees together, jump as low as possible and jump as fast as possible.	
9	<<	Twister overhand	
Intensity 6		Hold handles in overhand grip, jump on both feet and twist hip from one side to other.	
10	<<	Switch grip overhand to underhand	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
11	> <	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.	
12	>>	Butt-kick	
Intensity 5		Thrust heels to buttocks alternately.	
13	>>	Butt-kick arms-cross	
Intensity 7	All-out!	Thrust heels to buttocks alternately with arms crossed in front.	
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).	