

Video for each technique: duvide.com/st/ye9en.pdf		<b>duvide Skipping Workout YELLOW # 9 (15 minutes)</b>	
Watch out for direction when starting: << = jump backwards   >> = jump forward   <> = backward to forward   >< = forward to backward			
Minute	Direction	Technique	
1	<<	<b>Jog-trot</b>	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
2	<<	<b>Tiptoe-skip</b>	
Intensity 5		Jump on tiptoes with closed feet.	
3	<<	<b>Jog-trot</b>	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
4	<<	<b>Knee-to-chest</b>	
Intensity 6		Alternately pull one knee to chest with low intermediate jump inbetween.	
5	< >	<b>Swing change with full stop</b>	
Intensity 2		Jump with closed feet, slow down and let feet catch the rope to stop. Continue jumping opposite direction.	
6	>>	<b>Sprint-step</b>	
Intensity 7		Alternate high knee with each rotation.	
7	>>	<b>Jog-trot</b>	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
8	>>	<b>Kick-step</b>	
Intensity 4		Jump on each foot two times, every other jump swing for a kick.	
9	>>	<b>Kick-step criss-cross</b>	
Intensity 6		Jump on each foot two times, every other jump swing for a kick while criss-crossing arms.	
10	>>	<b>Kick-step criss-cross</b>	
Intensity 6		Jump on each foot two times, every other jump swing for a kick while criss-crossing arms.	
11	>>	<b>Jog-trot</b>	
Intensity 2		Jump from one foot to other only high enough to let the rope pass.	
12	>>	<b>Switch grip underhand to overhand</b>	
Intensity 3		Switch from overhand grip to underhand grip (jog-trot or closed feet).	
13	>>	<b>Double-under with 5 jump intervals ov</b>	
Intensity 9	All-out!	Hold handles in overhand grip and let rope pass 2 times during each jump. Do 5 DUs, then 3 regular jumps.	
14	>>	<b>Jog-trot overhand</b>	
Intensity 3		Hold handles in overhand grip and jump the jog-trot.	
15	>>	<b>Slow-hop overhand</b>	
Intensity 2		Hold handles in overhand grip and jump as slow as possible with closed feet.	