

Jump Rope Routine

1 Min. 2 foot jumping (regular 2 jump pace)

3 x 30 sec. speed jumps

3 x 1 Min. 2 jumps Rt. Foot and 2 jumps Lt. Foot

3 x 30 sec. running with jump rope

3 x 30 sec. side to side jumping

****This jump rope routine should be done 3 times a week****

****Only a 30 sec. rest should be taken between sets****

****This workout should be done in 20 min. or less****