

Jump Rope Routine

- Basic jump for 1 min, rest 1 min.
- Alt. foot jump for 1 min, rest 1 min
- 8 alt. jumps, then 8 basic jumps for 1 min, then rest 1 min, x2 sets
- Alt. jump but raise knees 90° for 1 min, rest 1 min
- Basic or alt. jump for 5 mins or 600 jumps (If you can't do that long, jump for 1 min, rest 1 min, repeat for 5 sets)