

Full Speed

JUMP ROPE WORKOUT



For this workout you are going to do 60 jumps of each exercise with no breaks in between. The 60 jumps are broken down into 3 sets of 20. Each set is going to be at a different speed. The first 20 are at speed 1, the second 20 at speed 2, and the final 20 is all out at speed 3.

1. SCISSOR JUMP

Switch your feet back and forth on each jump.



2. JUMPING JACKS

Jump and land with your feet together then apart.



3. SIDE TO SIDE

Jump back and forth side to side off of two feet.



4. RUNNING

Land on 1 foot with each contact



5. DOUBLE UNDERS

(Only 20 total reps)



COMPLETE A TOTAL OF 3 ROUNDS | TAKE A 30-60 SECOND REST IN BETWEEN