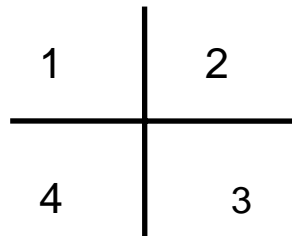


# JUMP ROPE PROGRAM (BEGINNER)

The jump rope routine is meant to be fun but also competitive. Jumping rope is an excellent way to develop Speed, Quickness, Coordination, and Concentration.

The Jump Rope Routine is based on a Cross Layout format-forming 4 quadrants.

The quadrants are numbered as follows:



The progression of routine should be followed below, in the order of 1-10

- |   |                       |
|---|-----------------------|
| 1. Regular Jump-                                | x30                   |
| 2. Side to Side-(4 to 3 & back)                 | x20 (both feet)       |
| 3. Up & Back-(4 to 1 & back)                    | x20 (both feet)       |
| 4. Boxer Shuffle-(2 on Rt. Foot, 2 on Lt. Foot) | x30                   |
| 5. Up & Back one foot-(4 to 1 & back)           | x10 (Rt. Foot)        |
|   | x10 (Lt. Foot)        |
| 6. Side-to-Side one foot-(4 to 3)               | x10 (Rt. Foot)        |
|   | x10 (Lt. Foot)        |
| 7. Triangle-(1-2-4)-Alternate:Switch(2-1-3)     | x20                   |
| 8. Four Square (1-3-2-4) Toughest one!          | x20 (both feet)       |
| Variation: (1-2-3-4)                            |                       |
| 9. Double Jump With Bounce:Rope Under foot      | 2x    x20 (both feet) |
| 10. Double Jump in succession:Rope under foot   | 2x    x20 (both feet) |

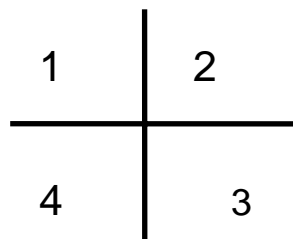
Bonus Jump-As many regular jumps as you can get in 30 sec  
(100 is the Number of times to beat)

## JUMP ROPE PROGRAM (ADVANCED)

The jump rope routine is meant to be fun but also competitive. Jumping rope is an excellent way to develop Speed, Quickness, Coordination, and Concentration.

The Jump Rope Routine is based on a Cross Layout format-forming 4 quadrants.

The quadrants are numbered as follows:



The progression of routine should be followed below, in the order of 1-10

- |   |                       |
|---|-----------------------|
| 1. Regular Jump-                                | x50                   |
| 2. Side to Side-(4 to 3 & back)                 | x50 (both feet)       |
| 3. Up & Back-(4 to 1 & back)                    | x50 (both feet)       |
| 4. Boxer Shuffle-(2 on Rt. Foot, 2 on Lt. Foot) | x50                   |
| 5. Up & Back one foot-(4 to 1 & back)           | x25 (Rt. Foot)        |
|   | x25 (Lt. Foot)        |
| 6. Side-to-Side one foot-(4 to 3)               | x25 (Rt. Foot)        |
|   | x25 (Lt. Foot)        |
| 7. Triangle-(1-2-4)-Alternate:Switch(2-1-3)     | x50                   |
| 8. Four Square (1-3-2-4) Toughest one!          | x50 (both feet)       |
| Variation: (1-2-3-4)                            |                       |
| 9. Double Jump With Bounce:Rope Under foot      | 2x    x50 (both feet) |
| 10. Double Jump in succession:Rope under foot   | 2x    x50 (both feet) |

Bonus Jump-As many regular jumps as you can get in 30 sec  
(110 is the Number of times to beat)