

Jump Rope Workout:

Beaded or plastic “speed” ropes are more durable than cotton ones and whip around faster, making for a more intense workout. They’re also mandatory if you want to build up to doing advanced jump-rope moves like the double jump (which we’ve included here, although we don’t expect you to master it right away). Before you begin using a rope, measure it to your height. When you stand on the middle of the rope, the handles should extend to your armpits. Cut and adjust the length as necessary. You have to gradually prepare your lower body for the impact of jumping, so begin on a waxed wooden floor or rubber floor. Hold the rope with hands at about hip height and elbows slightly bent, keeping your upper arms close to your sides. Your chest should be out and your shoulders back and down. Make your jumps small and land on the balls of your feet.

DIRECTIONS

The workout consists of three training blocks. You’ll practice different jumps, rest two minutes, and move on to the next block. Follow the instructions.

BLOCK 1

1. FORWARD JUMP

Reps: 60 sec.

Jump over the rope with both feet on every revolution, swinging the rope forward (the most basic jump).

2. SIDE-TO-SIDE JUMP

Reps: 60 sec.

Jump a few inches to your left as you swing the rope. Then to your right. Get into a rhythm.

3. BACKWARD JUMP

Reps: 60 sec.

Swing the rope backward for each jump.

4. SINGLE-LEG JUMP-LEFT

Reps: 60 sec.

Jump on one foot; land softly.

5. SINGLE-LEG JUMP-RIGHT

Reps: 60 sec.

Jump on the other foot.



BLOCK 2

1. FORWARD JUMP

Reps: **60 sec.**

2. ALTERNATING JUMP

Reps: 60 sec.

Jump on one foot and then the other, back and forth.

3. Foot-Cross Jump

Reps: **60 sec.**

Cross your feet over each other on each rep. Alternate the foot that lands in front.

4. SINGLE-LEG JUMP-LEFT

Reps: **60 sec.**

5. SINGLE-LEG JUMP-RIGHT

Reps: **60 sec.**

BLOCK 3

1. FORWARD JUMP

Reps: **60 sec.**

2. DOUBLE JUMP

Reps: 30 sec.

Jump high enough that you can pass the rope under your feet twice on every revolution. If you can't do it fluidly, practice it for 30 seconds—it doesn't matter how many times you miss.

3. BACKWARD JUMP

Reps: **60 sec.**

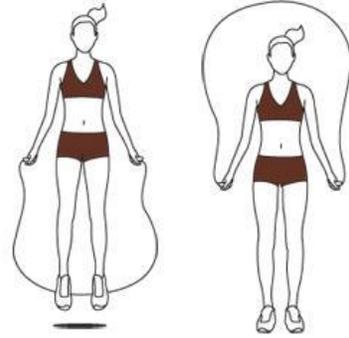
4. DOUBLE JUMP

Reps: **30 sec.**

15-Minute Jump-Rope Workout

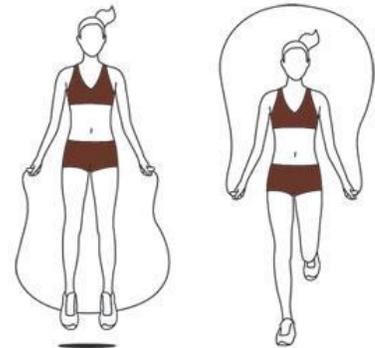
Move 1: Basic Jump

Swing the rope over your head and jump as it passes your feet (near right illustration). You don't have to jump high, just enough to clear the rope (far right). Land evenly on both feet. Continue for one minute, then rest for one minute.



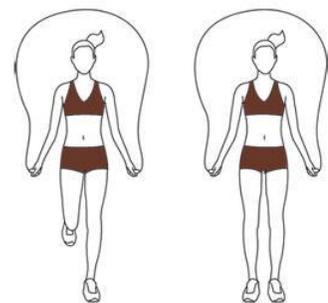
Move 2: Alternate-Foot Jump

Swing the rope over your head and jump as it passes your feet (near right). Land on your right foot (far right). On the next rotation, land on your left. Continue this, as if you were running in place, for one minute. Rest for one minute.



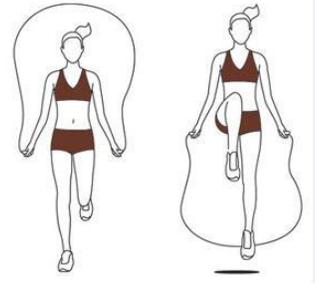
Move 3: Combo Jump

Repeat the alternate-foot jump for eight turns of the rope (near right). Next, do eight basic jumps (far right). Continue this alternating pattern for one minute, rest for one minute, then repeat the sequence one more time.



Move 4: High Step

Repeat the alternate-foot jump (near right), but this time raise each knee to a 90-degree angle while jumping (far right). Continue for one minute, then rest for one minute.



Move 5: Endurance Jump

Do either the basic jump or the alternate-foot jump for five minutes. If you can't keep it up that long, start by jumping for one minute, resting for one minute, and repeating for five sets. Aim to complete at least 600 jumps total.