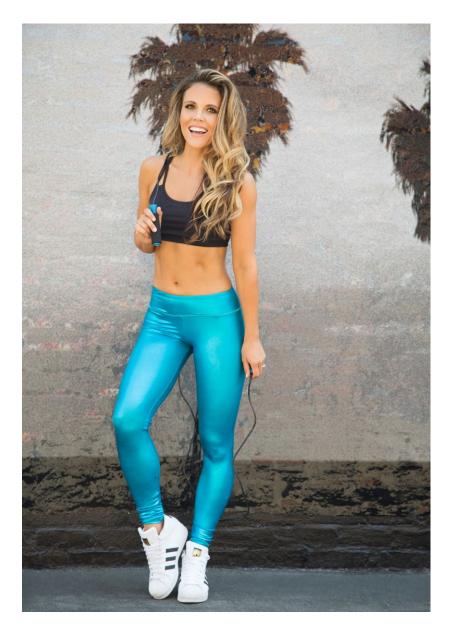
Metabolism-boosting JUMP ROPE ROUTINE



This workout will raise your heart rate, sculpt your entire lower bod, core, and arms, and help you blow past fitness plateaus. Use this as a warmup to your toning sesh or as an alternative to cardio. Grab your rope and let's get to jumpin'!!

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(You can go through the entire routine 1-3 times!)

JUMP, BOTH FEET TOGETHER, SLOW (30 SECS)

Jump with both feet together, only jumping once when the jump rope reaches your feet. Start off this first round a little slower as you warm up.

JUMP, BOTH FEET TOGETHER, FAST (30 SECS)

Pick up your pace and swing the rope fast to raise your heart rate.

SINGLE LEG JUMP, LEFT (30 SECS)

Raise your right leg in the air and hop using your left leg only.

This can be fast or slow.

SINGLE LEG JUMP, RIGHT (30 SECS)

Raise your left leg in the air and hop using your right leg only.

This can be fast or slow.

JUMP, BOTH FEET TOGETHER, FAST (30 SECS)

Pick up your pace and swing the rope fast to raise your heart rate.

JUMP, BOTH FEET TOGETHER, SLOW (30 SECS)

Jump with both feet together, only jumping once when the jump rope reaches your feet.

SIDE TO SIDE JUMP (30 SECS)

Slow the rope down a little. When the rope reaches your feet, jump a few inches to the left. Then when the rope reaches your feet again, jump a few inches to the right. Continue going back and forth.

JUMP, BOTH FEET TOGETHER, FAST (30 SECS)

Pick up your pace and swing the rope fast to raise your heart rate.

SIDE TO SIDE JUMP (30 SECS)

Slow the rope down a little. When the rope reaches your feet, jump a few inches to the left. Then when the rope reaches your feet again, jump a few inches to the right. Continue going back and forth.

JUMP, BOTH FEET TOGETHER, FAST (30 SECS)

Finish up the workout and pick up your pace, raising your heart rate.

Now cool down with a 5-minute walk! Great job, girl!!

Tone It Up