

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