

5 KILLER JUMP ROPE WORKOUTS



CROSSROPETM

ELITE JUMP ROPE SYSTEM

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INTRO

Thank you for downloading **5 Killer Jump Rope Workouts!** These workouts will be a great tool for helping you reach new levels of jump rope ability and fitness. Please read through each of the workout topics on the following pages so that you can maximize the effectiveness of these training methods and routines.

Patience is very important when refining your jump rope skill. Some of these workouts may be very difficult, or near impossible for you to complete when you start. But our goal wasn't to make stupidly difficult workouts just for the sake of it. We wanted to give you a good variety of routines with clear training objectives. Let's take a look now at some important considerations before you get started.

ABILITY

It can be a challenge to create jump rope workouts that are easy enough to encourage the newest beginner, yet challenging enough to engage a seasoned athlete. Our approach to accomplishing this successfully is highlighted by using the factors below:

- 1. Jumping Pace – The difficulty of any workout can be greatly increased by speeding up your jumping tempo.*
- 2. Rope Weight – For skill practice, heavier ropes make learning easier for beginners and lighter, faster ropes are more beneficial to advanced jumpers. For endurance, power, or conditioning work, heavier ropes can add a significant challenge for advanced jumpers that beginners will not be ready to take on. So depending on how a heavy rope is used, it can make the workout harder or easier.*
- 3. Interval Lengths – Intervals can be lengthened or shortened based on the conditioning level of the individual.*
- 4. Skill Variety – More advanced techniques can be performed to enhance training benefits for experienced jumpers, while beginners can still get a great workout with only one or two simple techniques.*



Keep these concepts in mind when you start and as you progress with these workout routines. They are great ways to modify the workouts based on your ability and training goals.

BENEFITS

You are probably already familiar with at least some of the benefits of jumping rope (or skipping rope). But let's take a closer look at how it stacks up against other types of cardiovascular exercise. Sure treadmills, elliptical machines, and stationary bikes serve a purpose (to get other people out of your way so that you have room to jump!), but take a look at our comparison for fitness ability improvement below:

FITNESS ABILITY	JUMP ROPE	TREADMILL
Strength	Good	Poor
Speed	Good	Good
Stamina	Great	Good
Coordination	Excellent	Poor
Agility	Excellent	Poor
Reaction	Excellent	Poor
Power	Good	Fair
Quickness	Great	Fair

Jumping rope offers many benefits besides standard cardiovascular conditioning and major advantages over a piece of equipment like a treadmill. (for a lot less money)

So there must be a catch, right?

Well, it depends on how you look at it. Anyone can step on a treadmill, but jumping rope takes practice and dedication. That's why you might not see too many people at the gym jumping. But, ultimately, the hard work to learn the skill is worth it for the great fitness benefits and personal results!

SAFETY

For a quick disclaimer before giving any advice, you are probably familiar with guidance like “Please consult your medical professional prior to engaging in any exercise . . .” And, yes – please do if you think it is prudent or necessary.

We do not provide any professional or accredited medical or injury prevention advice. This advice is based on jumping experience. Here are some key injury prevention considerations:

1. Jumping surface. Jumping rope can range from very low impact to extremely high impact depending on the nature of your jumping and your skill level. In order to best preserve your joints including your feet, ankles, knees, and hips we strongly recommend jumping on a soft, giving surface. This may include rubber, foam, hard wood, mat, turf, grass, or synthetic materials. You should avoid concrete and asphalt.

2. Jumping frequency. Try to use common sense here and listen to your body. If you have joint, foot, tendon, or ligament pain DO NOT jump. You may aggravate the condition and make the problem worse. Slight shin pain is fairly common as your body adapts, but you have to be very careful that it does not get progressively worse because that can lead to a stress fracture. (If you have increasingly sharp pain in your shin that is localized to about the size of a quarter or smaller, STOP jumping and consider consulting your physician or physical therapist). If you have some joint and muscle stiffness that becomes less noticeable after a proper warm up and doesn't aggravate you during your training, that is normal.

3. Footwear. What you wear on your feet is a matter of personal preference, but be aware of how changes in your jump rope training could affect what type of shoe you use. For light jumping, some individuals prefer to jump in bare feet, especially if they are on a cushioned surface. Bear in mind that as you incorporate power jumps like double unders into your routine, it may be wise to have a cushioned running shoe or cross trainer to help absorb the added impact. Additionally, booth speed cables and heavy ropes can hurt your bare feet and toes if you are not wearing proper footwear.

4. Adequate Jumping Area. Keep ‘defensive jumping’ in mind . . . keeping an eye out for others in your area and assuming that they cannot see the rope rotating around you. Depending on where you are jumping, space may be limited, but the more space, the better. By being aware of your surroundings and paying attention to those around you, you'll be less likely to strike someone inadvertently.

WARM UP

A good warm up is important to help prevent injury. Make sure that you begin with low impact exercises and stretches. Ideally, your feet, ankles, knees, hips, Achilles tendon, calf muscles, patellar tendons (knees), and quadriceps – so, basically

your entire lower body - should be warm and mobile before going into a full jump rope workout. That doesn't mean that you can't do some light jumping as part of your warm up, but keep it low impact. Breaking a sweat before you begin your workout is a good sign!

WE'RE ALMOST READY . . .

Now that you have a greater understanding of how to safely maximize your jump rope training, you are ready to begin. Don't worry if you find these workouts intimidating or challenging at first. If you are patient and focused, you will see tremendous improvement of the course of the next few weeks, months, and even years. Go and train hard!





'THE FIGHTER'

BE EXPLOSIVE EVERY ROUND.



Overview

Predictability is the enemy. In the late rounds of any fight, both fighters are so fatigued that they'll make eye contact and come to a silent mutual agreement. An agreement to rest for a moment . . . to catch a breath. It only lasts four or five seconds, but the temptation to take those extra breaths is strong . . . yet that's when you have to **STRIKE!** You must explode and take advantage of your opponent's weakness.

Training predictably will teach your mind to accept routine. This is undesirable because a fight rarely unfolds predictably.

TRAIN FOR COMBAT.

This workout is focused around extreme conditioning, coordination, quickness and yes, unpredictability. You will jump rope while moving in a variety of different directions to stay quick and light on your feet. Make sure that you have adequate space to move around and use skills of your choice.

Each round of jumping is three minutes of non-stop movement in multiple directions combined with skill work. The added twist is that at a random time during each round you will complete 30 seconds of a maximum effort high intensity skill. ***Do NOT plan in advance of the round for when you are going to start this max effort phase.*** Instead, choose a time at random within the jumping round. This will serve to simulate your all-out attack on your opponent when he is gasping for breath. Fight through the pain and don't stop.

TRAIN SMARTER -> FIGHT SMARTER

TRAIN HARDER -> FIGHT HARDER



'THE FIGHTER' WORKOUT



Equipment:

- a. Jump Rope – Use a PVC rope, flexible cable rope, or leather rope. (A stiff, ultra-light wire or coated cable speed rope is not recommended.)

*If you have a CrossRope: Use the Speed cable (for rounds 1-3),
Stamina cable (for rounds 4,5) and Explode cable (for Rd 6)*

- b. Timing Method – Use a wall clock, interval timer, or timer on your phone. Make sure that it is easily visible.

Length of Workout:

- a. Warm up with 5 minutes of easy stretching and light jumping.
- b. Perform six 3-minute rounds with 1 minute of rest between.

Total workout time = 23 minutes.

Recommended techniques:

- a. Low intensity – Single jumps, side to side, boxer step, arm cross.
- b. High intensity (for 30 second bursts) – Alternate leg runs, double unders.

Movement:

Move around like you are in the ring or octagon by jumping forward, backward, left, and right. If you are tight on space, turn your body in different directions.

6 Round Routine:

Round	Time	High Intensity Burst	Rest	Notes
1	3:00	30 seconds / max effort / random start time in round	1:00	
2	3:00	30 seconds / max effort / random start time in round	1:00	
3	3:00	30 seconds / max effort / random start time in round	1:00	
4	3:00	30 seconds / max effort / random start time in round	1:00	
5	3:00	30 seconds / max effort / random start time in round	1:00	
6	3:00	30 seconds / max effort / random start time in round	1:00	





Progression:

The first few times that you attempt this workout, it is going to be difficult to jump continuously for the entire round, especially if you make a true attempt at 30 seconds of maximum effort. When you do miss a jump, do your best to start again immediately. Make sure to make a quick note after each round about what you did well and what you can improve upon so that you can easily track your progress. You can also try this workout 1-3 times per week and in conjunction with weight training of other fitness. With hard work and consistent training, you can progress to the point of completing the workout continuously!

The CrossRope Advantage:

Using various rope weights in the CrossRope System offers several training advantages over a standard jump rope for a workout of this style:

a. Progressing to heavier ropes through the rounds will really enhance your upper body strength when you need to muster up late round power despite being fatigued.

b. Adapting to the different paces and rhythms of each rope weight will keep you mentally engaged and alert just like you need to be during a fight.





'JACKED AND RIPPED'

LOOK GOOD. FEEL GOOD.



Overview

Let's face it. Men want that 'ripped' look and women want a toned appearance. So is this the magic workout that is going to get you ripped or toned, right? Not by itself. However, in tandem with a good diet, this jump rope/ bodyweight combination workout will be very effective to help you achieve your goals.

There is no magic solution for getting that 'jacked' or 'toned' appearance. Focus and determination will serve you best if you are training with effective methods.

MUSCLE IS MORE DENSE THAN FAT. GET DENSE.

Density training is great for increased strength, work capacity (the amount of work you can do over a given time period), and stamina/endurance. It has also been shown to generate an increase in testosterone (in men only, don't worry ladies), which we all know is **great for fighting fat and building muscle!**

There are two ways to do density style training:

- 1. Train to perform increased work over the same time increment.**
- 2. Train to perform the same amount of work in reduced time.**

This density workout is detailed to condition you for doing increased work over the same amount of time. The keys to this workout are focus and determination. That is because you will complete a circuit twice, but need to attempt an even better effort on the second round. The rest intervals are short so avoid the temptation to take extra rest and be ready to move on the next exercise.

BETTER TRAINING METHODS -> BETTER RESULTS



'JACKED AND RIPPED' WORKOUT



Equipment:

- a. Jump Rope – PVC rope, flexible cable rope, wire speed rope, or leather rope.

If you have a CrossRope:

- 1. Use the Sprint cable, Speed cable or Stamina cable for all double under sets. (or perform max speed single under sets if you cannot do double unders consistently yet)*
- 2. Use Explode cable or Power cable for all single under sets.*

- b. Timing Method – Wall clock, interval timer, or cell phone timer. Make sure it is easily visible.

Length of Workout:

- a. 2 Sets of Circuit A – about 10 minutes total, then 3 minutes rest.
- b. 2 Sets of Circuit B – about 14 minutes total.

Total workout time including rest = 27 minutes.

Recommended techniques:

- a. Regular single jumps (you can add technique skills as desired)
- b. Double unders (substitute alternate leg jumps as necessary)





Workout Structure and considerations:

CIRCUIT A.

Complete as many reps as you can on each exercise for the respective time interval with a **10 to 15 second rest** between each exercise. Then rest 1 minute and perform a second round of the circuit, meeting or exceeding the amount of reps performed in the first round. After round 2, rest 3 minutes and proceed to Circuit B.

Circuit A	Time	Round 1 Reps	Round 2 Reps
Fast Singles (two foot jump)	30 sec		
Explosive Pushups	30 sec		
Double Unders (or fast singles for 30 seconds - sprint style)	20 sec		
Jumping Lunges	40 sec		
Double Unders (or singles for 30 seconds – skier slalom style)	20 sec		
Forearm Plank	40 sec		
Fast Singles (sprint style)	30 sec		

CIRCUIT B.

Complete as many reps as you can on each exercise for the respective time interval with a **30 second rest** between each exercise. Then rest 2 minutes and perform a second round of the circuit, meeting or exceeding the amount of reps performed in the first round.

Circuit B	Time	Round 1 Reps	Round 2 Reps
Burpees	30 sec		
Jumping Jacks	60 sec		
Jump Rope Fast Singles (two foot jump)	40 sec		
Bodyweight Squats (Air squats)	30 sec		
Pushup (modify pushup type for greater challenge)	30 sec		
Double Unders or Fast Singles	60 sec		





Alternate Workout Option:

If you prefer to utilize weights in this workout, substitute exercises for the body part being worked with dumbbells or barbells. You may need a bit longer of a rest interval for transition between workouts, but try to keep it as short as you can. In the second round, increase the weight by 10-15% while still trying to complete more repetitions.

If you have a CrossRope:

Progress to gradually heavier cables for both single unders and double unders.

Here are some exercise substitution ideas:

Explosive Push Ups -> **Dumbbell Press**

Jumping Lunges-> **Dumbbell Lunges**

Forearm plank -> **Weighted Decline Sit Ups**

Body Weight Squats -> **Dumbbell Goblet Squats**

Get creative and substitute you own exercises!

Progression:

It will probably be awhile until you can properly complete this workout without stopping. Make sure to record and track your results so that you can set new goals for the number of completed repetitions each set.

The CrossRope Advantage:

Using various rope weights in the CrossRope System offers several training advantages over a standard jump rope in this workout:

a. Using a heavy rope on the single under sets is going to significantly enhance functional upper body engagement. You will get that feeling of 'I'm working out muscles that I didn't even know existed!'

b. The range of rope weights gives you the ability to choose the proper resistance for your ability level. You can then increase that resistance as you get stronger and much better conditioned.



‘FORGING ELITE DOUBLE UNDERS’

3-2-1. DOUBLE UNDER FASTER.



Overview

Double unders are the key jump rope skill focus in CrossFit® and they have gained a lot of interest (and sometimes frustration) in many fitness circles. Whether you do CrossFit® or not, the double under is an outstanding jump rope exercise that incorporates crucial fitness capabilities like speed, coordination, and stamina. The precision of smooth, quick double unders inspires confidence. The intensity and focus they require takes mental toughness. I personally love double unders because I can always challenge myself in different ways. There is a great feeling of satisfaction in getting through a workout faster for a new PR, stringing as many together as I can for a test of endurance, or improving my athletic speed and quickness. With this workout, I wanted to share some of the powerful workout programming that I’ve used to improve my own fitness level and double under ability beyond what I would have thought possible.

*-Dave Hunt
Creator of the CrossRope System*

Practice does NOT necessarily make perfect.

If you practice incorrectly, you will only reinforce bad habits.

Proper practice makes perfect.

**SOUND SINGLE UNDER TECHNIQUE IS THE CORNERSTONE OF
GOOD DOUBLE UNDER SKILL.**

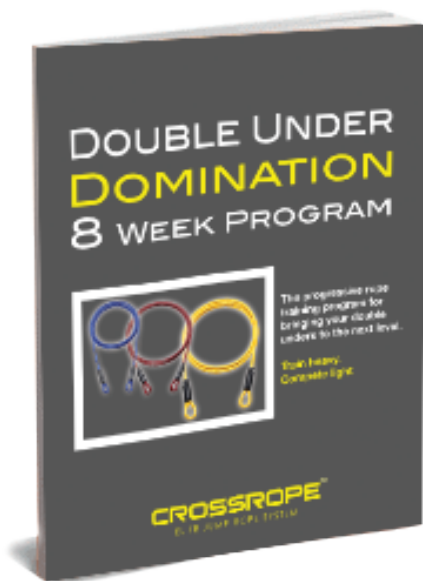
Regardless of your ability level, you need to revisit your single under technique. Do you have tall posture, with a relaxed ankle bound? Where are your arms and hands positioned? Are they efficiently positioned close to your hips or inefficiently flared out to your sides? The change in rhythm from single unders to double unders can become natural as you learn to rely on the feel of the rope feedback to dictate your rhythm.

The double under sets in this workout each provide specific objectives. For the timed intervals, you need to determine the fastest speed at which you can execute almost flawlessly (or at least miss minimally) and then focus on gradual acceleration. For the endurance sets, you need to fight through the pain and settle in to an efficient rhythm and posture.

STRUCTURE LEADS TO IMPROVEMENT

- **Note on the CrossRope Double Under Domination Set:**

The CrossRope Double Under Domination Set and the Double Under Domination 8 Week Program offer a more comprehensive approach to learning and mastering the double under through multi-weighted jump rope training. This set and program is well-suited to both the beginner who is struggling to learn double unders and the intermediate/advanced jumper looking to greatly improve double under ability. This double under workout below provides challenging additional training that can be used in tandem with the 8 week program and is best suited for those individuals that can consistently do at least 10-20 double unders in a row.





'FORGING ELITE DOUBLE UNDERS' WORKOUT



Equipment:

- a. Jump Rope – Use a speed rope (wire or coated) or PVC (vinyl) rope. (Definitely avoid leather ropes, thick PVC jump ropes, or ropes that have a lot of drag)

If you have a CrossRope:

Beginner – Start with Stamina cable until you get a feel from the rope feedback for proper double under timing. Then use the Speed cable. The single under set should be completed with the Explode cable.

Intermediate – Start with the Speed cable and strive for consistency through all of the sets. The single under set should be completed with the Power cable.

Advanced – Try the workout with the Stamina cable and progress to Explode cable. The Power cable is an advanced option available for when you get much stronger in future workouts. The single under set should be completed with the Titan cable or heaviest cable that you have.

- b. Timing Method – A wall clock, interval timer, or cell phone timer. Make sure that it is easily visible.

Length of Workout:

- a. About 10 minutes, depending on length of warm up and rest intervals.

Ability Level:

- a. If you are new to double unders or have difficulty accomplishing them, you will not be able complete this workout as designed initially. However, you can apply the same format below to working on single under speed and technique with the goal of establishing a solid baseline jump rope skill level.

You can also refer to the CrossRope website at www.crossrope.com/videos for video tutorials and updates to aid you in learning the skill.

b. If you are at an intermediate level, meaning that you can consistently do 10-20 double unders in a row, you can expect significant improvement in your double under speed and stamina abilities provided that you focus on solid technique and perform this workout twice a week for at least four consecutive weeks.

c. If you are already at an advanced level and can do around 100 double unders in a row, this programming is a simple yet effective way to realize clear improvement in your PR and overall jump rope skill, precision, and efficiency.





Workout Structure and considerations:



This workout starts with a brief warm up that accomplishes two things. First, it prepares your joints (by circulating synovial fluid – think ‘joint lubricant’) and second, it stimulates your Central Nervous System (CNS) for a primed reaction time. When you are training for top performance in speed and quickness, these elements are crucial, not just for safety, but for the crisp, explosive efforts that the double under demands. Please do NOT neglect the warm up!

This is a 4-part workout:

1. 100 Singles unders in minimal time. Focus on quick bounds off the ground as if you were jumping on hot coals. In order to rotate the rope quickly, you will also need to work on rotating the rope faster and faster by using your wrists.
2. (a,b,c) Timed Double Under Intervals.
Start at a comfortable pace and gradually accelerate until are rotating fast enough to cause a miss. As you practice and improve, you will be able to complete an increased amount of double unders over the same period of time.
3. 4 Sets of Unbroken Double Unders. The number of repetitions in the double under sets below is determined as a percentage of your personal record (PR). Let’s say you’ve done 20 double unders in a row. You calculate 1/2 of this to be 10 reps and your goal through the 4 sets is to hit 10 double unders in a row without a miss. As your PR improves, this number will go up, making the workout more challenging.
4. 100 Double Unders for Time. This is straightforward. Complete 100 double unders as fast as you can. If you miss, go right back into double unders until you hit 100 total.

Warm up:

- 25 quick jumping jacks
- 25 high knee ‘running in place’ steps
- 10 single leg hops (each leg)
- 10 explosive bounds through the ankles (quick off ground)



The Program:

Segment	Time	Total Reps	Rest	Notes
1. 100 Single Unders for time		100	1 minute	
2a. Speed Double Under Set (Try for max double unders)	15 sec		1 minute	
2b. Speed Double Under Set (Try for max double unders)	30 sec		1 minute	
2c. Speed Double Under Set (Try for max double unders)	15 sec		2 minutes	
3. 4 Sets of double unders: Your PR x ½ = # reps/set # = _____			30 seconds	
			30 seconds	
			30 seconds	
			2 minutes	
4. 100 Double Unders for time		100		

Progression:

These sessions should only take about 15 minutes to get through. You can incorporate this as skill focus at the front end of a WOD, add it as conditioning at the end of a workout, or even do it as a stand alone routine for a quick, high intensity challenge. The effectiveness and value of this workout is the constant requirement to change your pace based on your objective. It's important that you record your workout results to track your progress. Each new PR that you set will make the workout more challenging as you have new and higher goals to set. You may consider increasing the number of sets or even time intervals within this template as your ability improves.



The CrossRope Advantage:

Using various weights in the CrossRope System offers several training advantages over a standard jump for double under training:

a. For beginners, learning both single unders and double unders on a heavier rope like the Stamina or Explode cable can be very effective. Though these ropes are more challenging to move quickly due to their weight, they provide outstanding feedback. This enables you to more quickly learn the concept of 'rope-body' awareness for the proper timing, rhythm, and feel required for consistent single unders and double unders.

b. For intermediate and advanced athletes the concept is simple. Start training double under sets (like the ones in the workout) with progressively heavier cables. As your body adapts to the increased centrifugal resistances and the new rhythms associated with the rotational speed of each rope, you will rapidly gain the strength, stamina, and wrist speed to dominate the double under.





'LEAN MEAN JUMPING MACHINE'

HIGH INTENSITY FAT BURNING SIMPLIFIED.



Overview

This workout is intended to achieve two primary goals:

1. To give you an effective, high intensity fat burning routine.
2. To facilitate you in taking the necessary time and performing the essential repetition to become proficient at a variety of jump rope skills.

Repetition is the key to improvement. By mastering a few techniques at a time, both when you are feeling fresh and when you are feeling tired, you will *elevate your baseline ability*. This will increase the variety of workouts that you are capable of doing and the raise the level at which you can train.

-> More Skill -> Better Technique -> Increased Proficiency -> Better Workouts ->

Improved Results

INTERVALS WILL BURN FAT. SKILL WORK WILL MAKE YOU A MACHINE.

This workout has a simple format that focuses on technique practice at gradually increasing intensity levels. It requires that you are ready to perform **at least five different jump rope skills** (or at least that you are willing to attempt five different ones.) Depending on your starting ability level, here are some different skills that you might consider:

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
Single Under	Heel - Toe	Single Leg
Alternate Leg	Half Twist	Arm Cross
Slalom	Side-Side-Under	X Leg Cross
Bell	Side Straddle	Full Twist
Side-to-Side	Front Straddle	Double Under

*** If you are unfamiliar with the technique names, you can view demos at:
<https://crossrope.com/videos>**



CROSSROPE.COM



'LEAN MEAN JUMPING MACHINE' WORKOUT

Equipment:

- a. Jump Rope – A PVC rope, flexible cable rope, or leather rope. (A stiff, ultra-light wire or cable speed rope is not recommended)

If you have a CrossRope: Use the Stamina cable for the first and third round of skills and the Explode cable in the second round. These ropes are perfect for refining or learning a new skill because they provide excellent feedback and consistency. Once you master a series of skills, advance to the Sprint and Speed cables for maximum speed and quickness development.

- b. Method of timing – A wall clock, interval timer, or cell phone timer. Make sure that it is easily visible.

Length of Workout:

- a. Each round is 6 minutes with 2 minutes of rest afterwards.

Total time: 22 minutes.

Recommended Technique Approach:

- a. Start with the five techniques that you are most comfortable with. If you are a complete beginner, try to select from our recommended beginner techniques (it's fine to start with just two or three if you are struggling with more)

- b. Stick with the same skills at least two sessions in a row. After that, replace your **most proficient skill** with a different one for the next two workouts.

- c. As you continue this plan of attack, you'll constantly be improving your skill level and will avoid the stagnation and plateau effect of resorting to the same techniques over and over again. Make sure to record your workouts so that you can keep track of the skills you practice.

Each of three rounds below will consist of the following format for all five skills:

- *30 seconds (slow pace)*
- *30 seconds (fast pace)*
- *30 seconds of rest.*



3 Set Routine (Complete all 5 skills each set. 2 minutes rest in between each set):

Skill Performed (Write In)	Time Intervals	Rest	Set 1	Set 2	Set 3	Notes
(Skill 1) _____	- 30 seconds (slow pace) - 30 seconds (fast pace)	30 seconds				
(Skill 2) _____	- 30 seconds (slow pace) - 30 seconds (fast pace)	30 seconds				
(Skill 3) _____	- 30 seconds (slow pace) - 30 seconds (fast pace)	30 seconds				
(Skill 4) _____	- 30 seconds (slow pace) - 30 seconds (fast pace)	30 seconds				
(Skill 5) _____	- 30 seconds (slow pace) - 30 seconds (fast pace)	30 seconds				

Progression:

The beauty of this workout is that the progression is embedded into the format. As long as you are replacing your most proficient technique with a new technique every few workouts, your ability level and skill repertoire will improve.

The CrossRope Advantage:

Using various weights in the CrossRope System offers several training advantages over a standard jump rope for skill advancement:

a. Though heavier ropes are more fatiguing and challenging to use from a resistance perspective, they also provide fantastic feel and feedback that is crucial to rapidly learning a new skill.

b. By utilizing a combination of light, medium and heavy weighted ropes, you condition you muscles and body for power and strength in addition to speed and quickness.





'CARDIO HELL'

NO REST FOR THE WEARY.



Overview

Typically, cardio exercise is considered to be continuous movement at a low intensity over a longer duration of time. But is jumping rope a low intensity exercise? Maybe for some, but not for most.

This routine is focused on **continuous movement**. You'll get exhausted, but power through it.

Endurance is the theme here so try to settle into a rhythm. Consciously think about the efficiency of your jumping and movement. *Even try to relax* while you are jumping.

WHEN THE JUMPING STOPS, THE FUN STARTS.

Depending on your ability and experience level, the 5 minute continuous jumping intervals may or may not seem daunting. But you don't get to rest between sessions. You get to labor through burpees or sit ups before starting straight into your next jumping set. This workout dynamic helps to incentivize proper jumping form and mechanics. That's because too much struggling while you are jumping will not leave you with enough energy to complete the bodyweight exercise sets. Focus on relaxation, wrist rotation, minimal bounce through the ankles, and tall posture.

YOU HAVE ACHIEVED JUMPING PROFICIENCY WHEN YOU CAN JUMP FLAWLESSLY DESPITE HIGH LEVELS OF FATIGUE.





'CARDIO HELL' WORKOUT



Equipment:

- a. Jump Rope – A PVC rope, flexible cable rope, or leather rope. (A stiff, wire or coated cable speed rope is okay, but not preferred, depending on the number of techniques you opt to use)

If you have a CrossRope: Use the Speed or Stamina cable for all jumping sets your first few times doing the workout. As you improve, adapt, and become more efficient, start with a gradually heavier cable each round.

- b. Method of timing – A wall clock, interval timer, or cell phone timer. Make sure that it is easily visible.

Length of Workout:

- a. Each jumping interval is 5 minutes.
- b. Each set of burpees and sit-ups is untimed, but avoid resting between reps.

Total time: Approximately 25 minutes.

Recommended Technique Approach:

a. The first few times that you do this workout, don't get distracted by trying to do too many different techniques. Just focus on using the ones that you are best at, even if it's just the regular single under jump. Remember that the focuses here are constant movement and consistent jumping, so don't sacrifice that by attempting techniques that will detract from these objectives. (You'll get that practice in other workouts)

b. After you become experienced and skilled at a range of techniques, you can consider combining them as long as it does not distract you.





4 Session Structure (Burpees/Sit ups in between jump rope sets - no rest):

Session	Jumping Interval	Exercise	Reps	Notes
1	5 minutes	Burpees	15	
2	5 minutes	Sit Ups	30	
3	5 minutes	Burpees	15	
4	5 minutes	Sit Ups	30	

Progression:

Alright. We like to set the bar high. Realistically, we know that most people trying this workout just will not be able to get through the entire thing without some longer rest periods. That's okay. Take notes each workout and make a goal for your next one. That goal might be to make it through the first 5 minute session without stopping (and missing a jump, but starting right away again is not considered stopping). You can always add to the volume of burpees and sit ups if you want a variation of this workout that focuses even more on the bodyweight exercises. Stick to it and you'll get great results!

The CrossRope Advantage:

The CrossRope System can be utilized in a variety of different ways for a workout like this:

a. Once you are able to jump for 5 minutes non-stop, you can take a resistance progression approach by clipping in gradually heavier cables to increase the challenge of each session all of the way until the end.

b. You can shorten the jumping intervals while still getting an amazing workout when you use a heavy rope like the Power, Strength, or Titan.



FINAL TIPS

We hope that you have enjoyed these challenging workouts. Do your best to track your progress and improvement. That will serve as continued motivation in helping you to achieve all of your jump rope and fitness goals.

Please don't hesitate to contact us with any questions, comments, or feedback that you have and check out CrossRope 2.0, the ultimate jump rope system!

CR 2.0



IF YOU ENJOYED '5 KILLER JUMP ROPE WORKOUTS'
MAKE SURE TO STAY UPDATED!

