

# **Jump Rope Warm-up 1**

**\* Perform 1-4 sets**

**\* 1 set = 210 total jumps**

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|--------------------------------|--|
| <b>1. Two Foot Jumps</b>       | <b>50 jumps</b>                                      |
| <b>2. 1-foot jumps</b>         | <b>15L, 15R, 10L, 10R</b>                            |
| <b>3. Side to Side</b>         | <b>30 jumps</b>                                      |
| <b>4. Double Skips</b>         | <b>Five 2 foot jumps to 1 double skip x 5 cycles</b> |
| <b>5. Hip Turns</b>            | <b>20 jumps</b>                                      |
| <b>6. High Knees</b>           | <b>30 total</b>                                      |
| <b>7. Two Foot Speed Jumps</b> | <b>50 jumps</b>                                      |