

Jump Rope II

- **120+ turns of rope**
- **rest 45 seconds**
- **120+ turns of rope**
- **rest 45 seconds**
- **120+ turns of rope**
- **rest 45 seconds**
- **80+ high knee in 30 seconds**
- **rest 30 seconds**
- **80+ high knee in 30 seconds**
- **rest 30 seconds**
- **80+ high knee in 30 seconds**