

JUMP ROPE

4 weeks / 3-4 times a week

PRO

SET 1



Jump

60 seconds

30 SECONDS BREAK BETWEEN EACH SET

TOTAL 5 SETS

SET 2



Heels to glute

45 seconds

30 SECONDS BREAK BETWEEN EACH SET

TOTAL 4 SETS

SET 3



High knees

45 seconds

45 SECONDS BREAK BETWEEN EACH SET

TOTAL 4 SETS

SET 4



Boxers skip

60 seconds

30 SECONDS BREAK BETWEEN EACH SET

TOTAL 3 SETS

Note: Before starting your workout please visit our warnings page. cool2workout.com/warnings. Always do a warming up and cooling down, and make sure your body is properly hydrated. Preferably leave one day rest in between workouts.

