



## 4-WEEK JUMP ROPE PROGRESSION

Complete each jump rope exercise in the circuit one time through.

Visit [choicehf.com](http://choicehf.com) for instructional videos for each exercise!

JUMP ROPE PROGRESSION   EQUIPMENT NEEDED: JUMP ROPE								
	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
<b>1. 2 Foot Hop</b>	40		50		60		70	
<b>2. 2 Foot Double Hop</b>	20		30		40		50	
<b>3. 1 Foot X2</b>	30		40		50		60	
<b>4. Hip Twist</b>	20		26		30		36	
<b>5. High Knees</b>	30		36		40		46	
<b>6. Boxer Jumps</b>	20		30		40		50	
<b>7. Criss Cross</b>	20		30		40		50	
<b>8. Double Jumps</b>	5		10		15		20	