



## **Jump Rope Workouts**

**We often forget the fitness benefits of the jump rope.**

**It is inexpensive, compact, portable, and will really get you into shape.**

**Try these 2 workouts to really build your cardiovascular endurance and coordination.**

**Don't get frustrated...you'll get the hang of it!**

### **15 minute Jump Rope Interval Workout**

- **Jump rope for 3 minutes to warm up**
- **Rest for 30 seconds**
- **Jump rope as quickly as possible for 60 seconds**
- **Rest for 30 seconds**
- **Jump rope as quickly as possible for 60 seconds**
- **Rest for 30 seconds**
- **Repeat for 15-20 minutes**

### **Jump Rope Circuit**

**15 minute round-Repeat 1 time for 30 minutes of cardiovascular exercise**

- **Jump rope for 3 minutes**
- **Crunch for 1 minute**
- **Jump rope for 3 minutes**
- **Pushups for 1 minute**
- **Jump rope for 3 minutes**
- **Squats for 1 minute**

**\*\*You can change the exercises that you do during the one-minute breaks. Try doing bicep curls or tricep extensions during the strength training segments.\*\***