



30 SKIPPING ROPE WORKOUTS

||| **ATHX[®]** |||
GO FOR IT

PRO Series

INTRO

If this is your first time using the skipping rope, you may be confused about what to do. In this guide, I will be showing you 30 skipping rope workouts you can start even as a beginner.

BENEFITS OF SKIPPING ROPE WORKOUTS

It is one of the cheapest workout tools that you can carry and use anywhere. It will fit into your bag and makes it easy to take along to work or even travel with it.

1. Improves coordination. It helps you to improve the coordination of your legs and arms while maintaining balance at the same time.
2. Decrease foot and ankle injuries. It strengthens the muscles around the ankle and feet thereby reducing the risk of injury.
3. Burn major calories. Skipping rope can help you burn a lot of calories within a short time.
4. It helps you lose weight. Combining skipping rope with a good diet and other exercises can be a perfect way to lose weight on time.
5. It is portable. You can easily fold a skipping rope and store it in your bag and take it with you anywhere you go.
6. Improves bone density. It can help improve the health of the bone and reduce the risk of fracture.
7. It improves cardiovascular health. It improves your heart condition and decreases your risk of cardiovascular disease such as stroke.
8. It improves breathing efficiency. If you are the type that easily runs out of breathing during activities, skipping rope may help you to control your breathing.

ADJUSTMENT TO THE SKIPPING ROPE

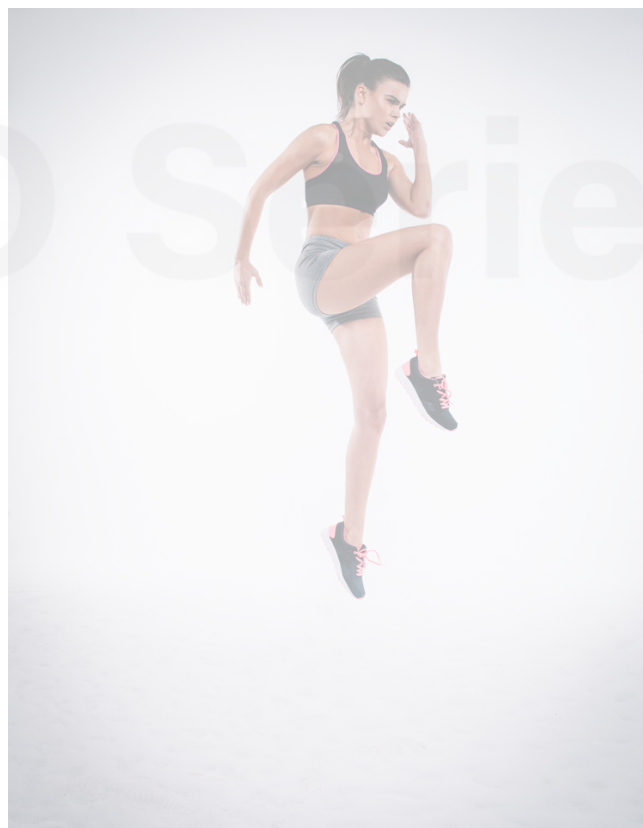
Before adjusting your skipping rope, you first need to understand what length of rope is appropriate for you. Using the right length of rope is important to achieve maximum results when using the skipping rope.

One general rule that works for most people is to stand on the rope in the middle with one leg. Make sure that the handles touch your armpit. This length is usually appropriate as it is neither too short or too long for you.

Now, let's talk about adjusting the rope. First thing is to open the handle of your skipping rope. Push the rope through the opening until the length is just the appropriate length for you. Use a plier to tighten the metal collar around the rope or make a knot if it doesn't have a collar. Fix the cap of the handle back and enjoy your skipping rope.

BASICS FOR BEGINNERS

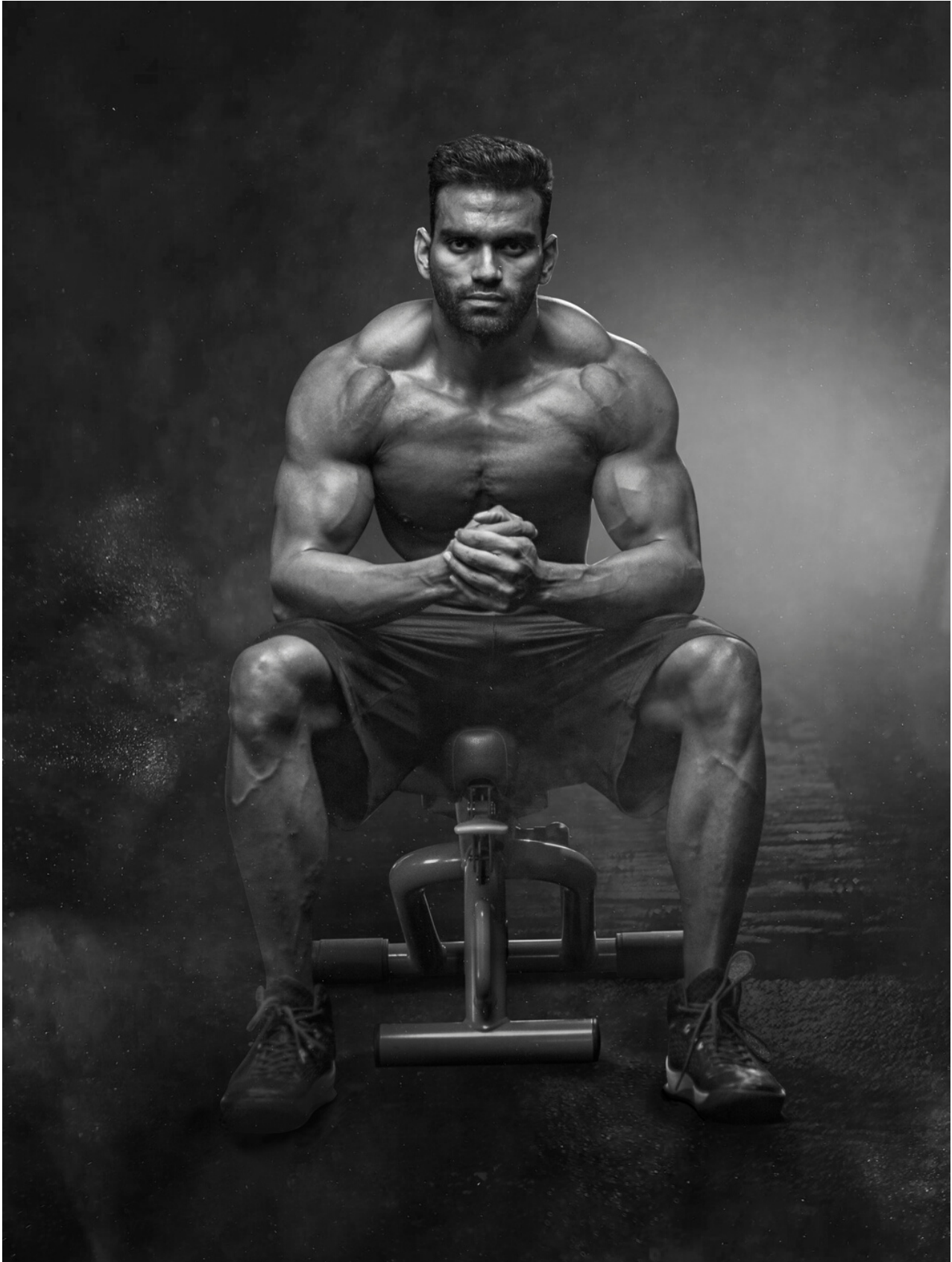
Before we go into the workouts you can do as a beginner, you have to put some things in mind. You should take note of your jump when skipping rope. You don't want to jump too high as it will make you get tired quickly. Also, you should position your arms properly. It should not be too wide as you will use too much energy swinging the rope. You should hold the handles properly and aim to use your wrist for most of the movement. And finally, you want to maintain a good posture so that you can stay relaxed and avoid injury during your workout.



TYPES OF JUMPS



PRO Series



THE BASIC JUMP

As a beginner, you are always advised to start your skipping rope exercise with a basic jump. This involves jumping over the rope with a little gap between both feet.

ALTERNATE FOOTSTEP

In this technique of skipping rope, you use alternative legs to jump the rope each time. That is, if you use the right foot the first time, the next step will be the left foot.

THE SIDE SWING

This is another basic type of skipping rope where you swing the rope by your side instead of actually jumping over it. You start with the basic jump and then switch to swinging the rope by your side.

BOXER STEP

This is a popular skipping rope training by boxers. Hence, the name boxer step. You will go back and forth just like a boxer in the ring. Each time you jump, you will put your weight on one side of the body and then the other.

HIGH KNEES

This is similar to the alternate footstep. However, in this case, as the name implies, you are going to raise your knees high each time you jump the rope.

JUMP ROPE JACKS

This is what you are going to be doing in a jump rope jack. You are going to be spreading your legs and then bringing them closer together again each time you jump over the ropes.

MUMMY KICKS

This is also another variation of alternate footsteps. In this case, you keep your legs straight while trying not to bend your knees and swing them as you jump over the ropes.

CRISS-CROSS

This is also called cross arms. You should try this as you get more advanced in your jumping skill. You will start with the basic jump and cross your arms once you get the rhythm.

HALF AND FULL TWIST

This is another simple rope jumping skill that you can easily learn. It involves twisting the body to the right and then back to the normal basic jump position and finally to the left.

HEEL-TOE STEP

As the name implies, this type of jumping involves the toe and the heel. When you use the foot to land on the heel, the other one will land on the toe. Repeat the process for the other foot and continue with it that way.

DOUBLE UNDER

This is a more advanced form of jumping rope. This involves doing a basic jump and then a fast rotation of the rope to cross your feet twice before landing again.

SINGLE FOOT DOUBLES UNDER

This is a variation of the double under. However, instead of using both legs, you use just a single leg at a time.

SINGLE FOOT CRISS- CROSS

While using just one foot at a time to jump over the rope, you also cross your arms to perform a criss-cross.

CRISS- CROSS DOUBLE UNDER

This is a type of rope jumping that combines a double under and a criss-cross. You cross your arms during the jumping and try to increase the rotation to pass under your feet twice.

BACKWARD JUMPING

This type of jumping is the reverse of the basic jump. What this means is that you will start your rope from the front while swinging it backward.

BACKWARD DOUBLE UNDER

As you get confident of your backward jumping you may want to try the more advanced practice. Backward double under involves passing the rope twice before your feet touch the ground.

OFF STEP

This involves alternating between a basic step and single-foot jumps. You start with the basic jump and then switch to a single footstep. You can change your leg as you proceed.

SIDE TO SIDE

In this type of rope skipping, you are not going to land on the same spot. You will swing your body to land on the left then the next landing after will be on the right.

FRONT TO BACK

This is similar to the side to side rope skipping. However, instead of swinging from left to right, you will swing from the back to the front in this case.

SPRINTS

You are going to be moving your legs as if you are running while allowing the rope to pass underneath your feet.

SHORT SPRINTS

This is different from sprints because, in sprints, you are going to remain on the same spot. But with a short spring, you will leave the same point as if you are running.

BUTT KICKS

You let your legs swing freely backward allowing the heel of your feet to touch your butt.

HEEL JUMP

This is a more advanced form of rope skipping that will require that you have some level of balance before you can do it. It requires you to land on your heel each time you jump.

SINGLE UNDER 360

This is a cool form of the basic jump. You continue with basic jump with rotating until you have made a 360 degree turning.

FORWARD AND BACKWARD STOP TRANSITION

In this case, you are going to perform a basic jump and then stop and continue with a backward jump immediately.

BASIC JUMP ACCELERAT ION

In this type of rope skipping, you are going to be doing the basic jump as fast as you can.

TRIPLE UNDER

Double under is cool but triple under is a more advanced technique that you can learn as you become better.

SCISSORS STEP

This technique involves spreading the left and right foot front and back. When the left foot is forward, the right foot will be at the back. And when the right foot is forward, the left foot will be at the back.

WEIGHT LOSS ROUTINE

I have already mentioned that one of the benefits of skipping rope is that it helps to reduce weight. A good skipping rope weight loss routine combined with a good diet and other exercises will help you lose weight fast. This routine can be completed within 30 minutes.

- Start with a warm-up for a few seconds. Do the first round of rope skipping for 30 seconds and take a break for 60 seconds. Continue for another 30 seconds and rest for the same length of time. You can repeat this set up to 9 times.
- This is the second round. Do a different technique from the basic jump like the alternate footstep. Rest for a longer period for 90 seconds. Repeat this set for 4 times.
- This is the last round. This round will be more intense as you are only going to rest for 12 seconds between each rep. Start with the basic jump for 30 seconds. After the rest change your technique and do another style, say, jump rope jacks. End the routine with pushups for 30 seconds.



HIIT ROUTINE

HIIT stands for High-Intensity Interval Training. It is a way of achieving high results within a short time with an intensive workout. It helps you to burn out fat and build your muscle fast.

- Start with basic jumping for 20 seconds and rest for 5 seconds.
- In the next rep, instead of jumping rope, you will do squats for 30 seconds and also rest for 5 seconds.
- Continue with the basic jumping for another 20 seconds and rest for 5 seconds.
- In the next rep, you will do pushups for 20 seconds and another 5 seconds rest.
- Repeat the basic jumping for 20 seconds and rest for 5 seconds.
- End with a plank and stay in that position for 30 seconds. Rest for 5 seconds.
- Repeat the whole process again as much as you can up to 4 times.



WORKOUT PROGRAM PLAN

Having a workout plan makes it easier for you to stick to your routine. By making it a habit, you can easily complete any goals you have set for yourself and also keep track of the progress as you proceed.

Doing a HIIT routine exercise 3 times a week is enough. A good workout program allows you to rest for some days. This is to ensure that you don't sustain injury and also have time to listen to your body. You can repeat this workout program plans for multiple weeks as you want.

DAY 1 – total time

- 20 seconds basic jumping
- 20 seconds squat
- 20 seconds basic jumping
- 30 seconds pushups

(10 seconds rest between each rep and 60 seconds rest between each circuit.)

DAY 2

- 20 seconds basic jumping
- 20 seconds alternate footsteps
- 20 seconds squat
- 20 seconds boxer steps
- 30 seconds pushups

(10 seconds rest between each rep and 60 seconds rest between each circuit.)

DAY 3

- 20 seconds side to side
- 20 seconds squat
- 20 seconds alternate footstep
- 20 seconds plank
- 20 seconds High knees
- 30 seconds pushups

(10 seconds rest between each rep and 60 seconds rest between each circuit.)