

# COMBAT JUMP ROPE



Jump Rope Workouts to Keep  
You OFF the Ropes

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## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

# Combat Jump Rope

You may be asking yourself what I know about 'combat', fighting, MMA etc...well, to be perfectly honest, I know very little.

It's actually laughable to think that I'd hold my own in any sort of 'fight'. At one point I was practicing some fitness kickboxing and my son was on the floor laughing at me.

So, it's safe to say that I'm NOT an authority on fighting.

But, it IS safe to say that I am an authority on training. It's only necessary to know the physical requirements of an activity; from there I can pretty much create an effective program for anything.

I can prepare and get fightin' fit 'as if' I were to go into the ring.

And lets be honest, how many people are really preparing for the ring? The majority of people using this manual will want to get 'combat ready', but won't necessarily get down and dirty.

Whatever your reason for using **Combat Jump Rope**, let's prepare as if we're getting ready for the fight of our lives.

Let's look at all the reasons WHY you'd want to add jump rope to your workouts:

To begin, the cost of a jump rope is within reach of EVERYONE. For about \$5, you won't find a more effective tool, (except maybe your bodyweight).

**Here are some benefits of jumping rope for fighters and 'would be' fighters:**

- **Better endurance and stamina** – Jumping rope is super efficient. Pick up a rope and start. There's no way you can do it for an hour like you could a slow jog. Your intensity is through the roof, so no matter what you're training for, there's no need to spend a ton of time doing it.
- **Better footwork and balance** - Jumping rope FORCES you to be more conscious and aware of your feet. The more tricks you do with the jump rope, the more conscious and coordinated you have to be. This coordination development easily leads to better footwork in the ring and in 'life'.

- **Better coordination and rhythm** - The repetitive motion of jump rope builds coordination and rhythm. This quickly builds muscle memory, coordination, and technique. For fight prep, the jump rope mimics the fight rhythm better than other exercises. The constant motion is necessary in any fight situation where you should always be in constant motion. The jump rope helps you transition from relative stillness to movement.
- **Increased power** – As your coordination increases, your kinesthetic awareness also improves. This will help put more power behind ANY move, including your punches.
- **Improved mental awareness** – Jumping rope is a ‘thinking’ exercise. You can’t just ‘go through the motions’, especially when you add tricky steps. You’ll finish your workout more clear headed and it naturally will help in the ring so you don’t get your ‘bell rung’ so to speak.
- **Improved ability to stay calm** - Jumping rope is a great stress buster for those of us ‘fighting stress’ outside the ring. The increased mental awareness jump rope brings helps you to avoid incoming punches and find countering opportunities when fighting.
- **Low impact** - Finally, it’s been proven that jumping rope inflicts less impact on your knees than running does. Especially when you do a double foot-step, you can spread your body weight’s impact over both feet as opposed to one foot (as in any running type move). Remember that your knees are not made of steel. Overuse injuries are a fact of life, so it’s best to be pro-active in your exercise planning. Jogging and running excessively wears down your knees, you can easily swap running based ‘cardio’ by adding in more fun and effective jump rope workouts.

### **Some useful jump rope tips for beginners:**

- Breathe only through your nose (this calms your breathing and increases endurance).
- Land on the balls of your foot with your knees slightly bent.
- Stay upright.
- Shorter faster jumps are easier than higher slower jumps (also better for developing rhythm).
- Turn the rope using your wrists, not your arms or shoulders (this keeps your shoulders and traps loose).
- Let the rope hit the floor gently so you have an audible rhythm to follow.
- Jump as low to the ground as possible. The higher you jump, the more energy is wasted. The trick is keep your jumping effort 'relaxed' even if you're working your butt off.

### **Size matters**

Your jump rope success depends on your jump rope so getting the right size is really important.

If your rope is too short, you'll have to jump too high and you won't get a good rhythm. If it's too long, you'll trip and again you won't get a good rhythm. When you stand on the middle of the rope, the rope should come to your armpits.

Here's a good guide for you:

Someone less than 4 feet 10 inches tall uses a 7-foot jump rope. If you are over that height, but under 5 feet 3 inches, use an 8-foot rope. A 9-foot rope fits someone 5 feet 4 inches tall to 5 feet 10 inches tall. If you are between 5 feet 11 inches and 6 feet 6 inches, a 10-foot rope should work. You will need an 11-foot rope if you are taller than 6 feet 6 inches.

### **A Word to the Beginner...Skill First, Then Conditioning**

You may be gung-ho to get to these fun jump rope workouts, but without basic skills, you'll end up frustrated and quitting.

Set yourself up for success by giving yourself some practice sessions. These don't need to be considered your 'workout' just yet. Start with short and frequent jump rope sessions. For example, start with 20-second intervals with the rope. Just try to skip for 20 seconds without tripping on the rope. Keep the intervals brief, and stop before fatigue sets in.

Once you have the jump rope basics (that is, just being able to jump rope continuously), you can try any of these workouts. If you can't do the skill listed in the workout, fall back to your basic step and continue on.

**There is NO SUBSTITUTE for jumping rope!**

It becomes addictive as you add it to any workout. It develops your back, shoulders, and arms, as well as your legs. It improves your footwork, balance, coordination, endurance, power, mental awareness and most importantly it's loads of fun. You're only limited by your imagination where jump rope is concerned.

These workouts provide great variety as you get in the best condition of your life.

Use these workouts for your 'Combat Training' (whatever that means to you). 😊

### Warm up for all workouts

Always start with a warm up. It can be a full body dynamic warm up of your choice or the one listed here. Keep in mind that static stretching is not recommended when the body is cold, stick with full body dynamic moves.

Do 30 seconds of:

- Overhead squats (with rope over head)
- Push ups
- Spidercrawl
- Easy jump rope

Repeat 3x

### Cool it down

Spend a few minutes after every workout stretching your body.

It's particularly important to stretch out the calf muscles after your jump rope session. Stand on a stair and drop your heels to the lower stair, do this with a straight leg and also do it with a bent leg so you will stretch both the gastrocnemius and the soleus.



**\*Note:** If ANY step is too difficult in the workouts, practice, make an effort, then replace with any other step to keep the pace up for the workout.

### **Workout 1 - Warm It Up!**

Set your timer for 30 seconds of work, 10 seconds transition for 8 sets:

- Jump rope – **single bounce** - One jump every time the rope goes under your feet
- Front plank
- Jump rope – **boxer** - Jump single foot side to side
- Side plank
- Jump rope – **bell** – Jump forward and back, double foot
- Side plank
- Jump rope – **lateral hops + burpee** - Jump 5 hops to one side, burpee, return to center, go to the other side, burpee.
- Rest

Repeat up to 4 times

### **Workout 2 – Countin’ Time**

(Use ANY jump rope step)

- 100 jump rope
- 20 push ups
- 100 jump rope
- 20/leg mountain climbers
- 100 jump rope
- 20 prisoner squats
- 100 jump rope
- One minute plank

Repeat 2-3 times

### Workout 3 – All Rope!

Do as continuously as possible, rest when needed:

- 2 minutes freestyle jump rope slow speed
- 1 minute **single foot jump** (switch half way) - Jump on one leg only
- 1 minute jump rope **heel toe** - Jump with the heel forward then put the same toe back and switch to the other leg.
- 1 minute jump rope **scissor** - Jump with one foot forward, one back then switch
- 1 minute jump rope **forward sprints** - Sprint forward 5 steps while jumping rope, sprint backwards 5 steps while jumping rope
- 1 minute jump rope **butt kicks** - Kick the butt each step
- 1 minute jump rope **high knees** - Jump with high knees as if sprinting
- 1 minute jump rope **alternate side swing cross jump** - Swing the arms to one side, then the other, then jump
- 1 minute **double unders** (can be every 4<sup>th</sup>, 2<sup>nd</sup> or continuous) - the rope goes under the feet twice for each jump
- REST 1 minute

Repeat

### Workout 4 – KB Killer

Set your timer for 40 seconds of work, 20 seconds recovery/transition

- KB swing
- Jump rope **criss cross** - Straddle legs then cross
- KB swing
- Jump rope **backwards criss cross** – Swing the rope backwards, Straddle legs then cross
- KB swing
- Jump rope **alternate rope cross** - Alternate a jump, then cross the arms and jump
- KB swing
- Jump rope **side swing cross crouch jump** - Swing the rope to each side, crouch to the floor, then jump.

## Workout 5 – Jump Rope Bodyweight Blast

Set your timer for 30 seconds of work, 10 seconds transition:

- Jump rope - **2 overhead squats + 2 jumps** - Hold the rope overhead to do 2 squats, do 2 jumps, one side swing to get the rope over head to repeat
- Jump rope - **lateral hops + burpee** - Jump 5 hops to one side, burpee, return to center, go to the other side, burpee.
- Jump rope - **Double under side swing** – Swing the rope to each side, then do a single jump then double under.
- Jump rope - **Push up jump** – Do 2 push ups, whip the rope under, do 4 jumps
- Jump rope - **Burpee whip** – Do a burpee with the rope in front, whip the rope under the feet, then jump.
- Jump rope - **Double bounce** – Jump twice when the rope comes around once
- Jump rope - **2 reverse lunge 2 backwards jumps** – Hold the rope in front on the ground, do a reverse lunge on each foot followed by 2 backward jumps
- **Jump rope - Spider crawl jump** – Do a spider crawl to each side, whip the rope under then jump.
- Rest

Repeat

## Workout 6 – FUW Jump Rope

Set your timer for 1 minute repeats

Do 20 push ups – FUW ANY jump rope step

Do 20 prisoner squats - FUW ANY jump rope step

Do 10 spider crawls (R/L is one rep) - FUW ANY jump rope step

Repeat up to five times

## Workout 7 – Spidey Senses

Set your timer for 40 seconds of work, 10 seconds transition:

- Jump rope - **Spider crawl jump** – Do a spider crawl to each side, whip the rope under then jump.
- Plank
- Jump rope - **Lasso double jump** – Swing the rope under the feet and jump with two feet.
- Spider crawl
- Jump rope - **Single foot circles** – Jump on one leg only in a circle formation.
- Side plank
- Jump rope - **Single foot circles** – Jump on one leg only in a circle formation (other foot)
- Side plank (other side)
- Jump rope - **Push up jump** – Do 2 push ups, whip the rope under, do 4 jumps
- Spider crawl
- Jump rope - **Twister** – Twist the body side to side for each jump.
- Rest as needed

Repeat circuit

## Workout 8 – Countin’ Down....

Count down reps 10 to 1 for the bodyweight exercises, keep jump rope reps the same:

Do 10 push up shoulder touch (R/L is one rep)

50 jump rope – ANY step

Do 10 reverse lunge (R/L is one rep)

50 jump rope – ANY step

Do 10 get ups

50 jump rope – ANY step

Do 10 squats (with rope over head)

50 jump rope – ANY step

## Workout 9 – AMRAP JUMPS

Get as many rounds as possible in 15 minutes:

- 10 burpees
- Jump rope – 20 **Overhead lasso under lasso** – Swing the rope overhead with one hand, bring the rope under the feet to do single jump lasso.
- 10 push ups
- Jump rope – 20 **Lasso double jump** – Swing the rope under the feet and jump with two feet.
- 10 burpees
- Jump rope – 20 **Side swing cross jump** – Swing the arms to one side, then the other, then jump. (R/L is one rep)
- 10 push ups
- Jump rope 20 **Double under 2's**– Do two single jumps, then one double under where the rope goes under the feet twice for each jump.

## Workout 10 – Quads of Fire

Set your timer for 40 seconds of work, 20 seconds of rest/transition

- Jump rope - **Double bounce each foot** – Hop twice on each foot.
- Wall sit stick up
- Jump rope - **High knees** – Jump with high knees as if sprinting.
- Wall sit heel press (keep the weight ONLY on the heels)
- Jump rope - **Side straddle** – Jump with feet to the side and back together.
- Wall sit stick up
- Jump rope - **Half scissor step** – Jump with one foot forward, jump double in the center, then switch.
- Wall sit inner thigh press – actively squeeze the legs together (keep knees over toes)
- Rest as needed then repeat circuit