

THE JUMBO JUMP ROPE GUIDE



**63+ Jump Rope Tricks to Add
Challenge and FUN of YOUR Workout**

Shawna Kaminski
Master CTT, BKin, BEd Jump Rope Fanatic

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.

Why Jump Rope?

As if the glorious jumping rope wasn't fun enough, finding variations to jump rope is a magnificent way to keep your fitness fresh and FUN.

Variety is the key to your fitness success. It keeps your training fresh and results coming. As you well know, you can't keep doing the same thing and expect different results. Therefore, by continually shaking up your program, you'll always be challenging your body and you'll never plateau.

In this manual, you'll find a compilation of **66** jump rope variations that you can use in any and all my Challenge Jump Rope workouts. By throwing in a different jump rope variation, you'll have countless jump rope workouts to use to maximize your fat loss and up your fitness game.

Take a look at the videos. There are four short videos with a demonstration of each variation. For your convenience, you'll see the time that each variation can be viewed in each video.

Let's get started!

You'll want to **check out the videos** with ALL jump rope variations. For your convenience, you'll see the name of the trick and the corresponding time that you'll see it in the video below.

Video 1 - Jumbo Jump Rope Guide 1

1. **Double bounce** – Jump twice when the rope comes around once. – 00:05
2. **Single bounce** – One jump every time the rope goes under your feet. – 00:12
3. **Double bounce each foot** – Hop twice on each foot. – 00:18
4. **Boxer** – Jump single foot side to side. – 00:23
5. **High knees** – Jump with high knees as if sprinting. – 00:31
6. **Skier** – Jump side to side, double foot. – 00:37
7. **Bell** – Jump forward and back, double foot. – 00:43
8. **Side straddle** – Jump with feet to the side and back together. – 00:50
9. **Forward straddle** – Alternate feet forward and back. – 00:57
10. **Criss cross step** – Straddle legs then cross. – 01:05
11. **Diagonal straddle** – Straddle the legs on a diagonal and jump. – 01:12
12. **Butt kicks** – Kick the butt each step. – 01:21
13. **Heel toe singles** – Jump with the heel forward then put the same toe back and switch to the other leg. – 01:27
14. **Twister** – Twist the body side to side for each jump. – 01:35
15. **Scissor step** – Jump with one foot forward, one back then switch. – 01:42
16. **Half scissor step** – Jump with one foot forward, jump double in the center, then switch. – 01:49
17. **Single forward kicks** – Jump with toes kicking forward. – 01:55
18. **Single lateral kicks** – Jump with legs side to side. – 02:03
19. **Single foot hops** – Jump on one leg only. – 02:09
20. **Single foot double bounce** – Jump on one foot, two bounces as the rope passes under once. – 02:15
21. **Single foot skier** – Jump on one leg only from side to side. – 02:23
22. **Single foot bell** – Jump on one leg only from front to back. – 02:29
23. **Single foot rope cross** – Jump on one leg and cross arms. – 02:36

Video 2 - Jumbo Jump Rope Guide #2

24. **Single foot circles** – Jump on one leg only in a circle formation. – 00:05
25. **Side swing** – Swing to one side, jump then swing to the other. – 00:13
26. **Up and over** – The foot goes over the other foot, then back to start. – 00:20
27. **Backwards double bounce** – Jump twice when the rope comes around once. – 00:28
28. **Backwards single bounce** – One jump every time the rope goes under your feet. – 00:36
29. **Backwards skier** – Jump side to side. – 00:43
30. **Backwards bell** – Jump forward and back. – 00:50
31. **Backwards side straddle** – Jump with feet to the side and back together. – 00:57
32. **Backwards criss cross** – Straddle legs then cross. – 01:03
33. **Backwards side swing** – Swing to one side, jump then swing to the other. – 01:09

Video 3 - Jumbo Jump Rope Guide #3

34. **Side swing** – This is a resting step while the arms work to swing the rope to one side, no jump. – 00:05
35. **Single hand swing cross** – This is a resting step, swing the rope with one hand to the side and cross, no jump. – 00:09
36. **Double hand side swing cross** – This is a resting step while BOTH arms work to swing the rope to alternate sides, no jumps. – 00:13
37. **Side swing cross jump** – Swing the arms to one side, then the other, then jump. – 00:19
38. **Double side swing cross** – Swing the rope twice on each side, no jump. – 00:25
39. **Double side swing jump** – Swing the rope twice on each side, then jump. – 00:30
40. **Alternate rope cross** – Alternate a jump, then cross the arms and jump. – 00:38
41. **Side swing cross crouch jump** – Swing the rope to each side, crouch to the floor, then jump. – 00:44
42. **Side swing cross crouch rope cross** – Swing the rope to each side, crouch to the floor, then cross the rope in front of the chest then jump– 00:51
43. **Forward backward sprints** – Sprint forward 5 steps while jumping rope, sprint backwards 5 steps while jumping rope. – 01:00
44. **Lateral hops** – Jump 5 steps to one side, then return to center, go to the other– 01:08
45. **Lateral hops + burpee** – Jump 5 hops to one side, burpee, return to center, go to the other side, burpee. – 01:16
46. **Double under 4's**– Do four single jumps, then one double under where the rope goes under the feet twice for each jump. – 01:27
47. **Double under 2's**– Do two single jumps, then one double under where the rope goes under the feet twice for each jump. – 01:35
48. **Continuous Double unders** – Do continuous double unders where the rope goes under the feet twice for each jump. – 01:41

Video 4 - Jumbo Jump Rope Guide #4

49. **Lasso single foot** – Swing the rope under the feet and jump one foot at a time. – 00:05
50. **Lasso double jump** – Swing the rope under the feet and jump with two feet. – 00:12
51. **Side jump two foot** – One hand is in front of the body, one is behind, jump on two feet. – 00:17
52. **Side jump singles** – One hand is in front of the body, one is behind, jump on one foot at a time. – 00:24
53. **Lasso side swing jump** – Alternate single foot lasso, then side swing, jump. – 00:31
54. **Burpee whip** – Do a burpee with the rope in front, whip the rope under the feet, then jump. – 00:46
55. **Handstand whip** – Do a handstand, then whip the rope under the feet to jump. – 00:53
56. **Spider crawl jump** – Do a spider crawl to each side, whip the rope under then jump. – 01:06
57. **Push up jump** – Do 2 push ups, whip the rope under, do 4 jumps. – 01:16
58. **360 jump** – Turn the body 360 degrees while jumping– 01:24
59. **5 jumps + cartwheel** – Do 5 jumps, cartwheel, do a 180 turn while jumping, repeat cartwheel. – 01:28
60. **Overhead lasso under lasso** – Swing the rope overhead with one hand, bring the rope under the feet to do single jump lasso. – 01:38
61. **4 overhead squats 4 jumps** – Hold the rope overhead to do 4 squats, do 4 jumps, one side swing to get the rope over head to repeat. – 01:51
62. **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. – 02:03
63. **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– 02:14
64. **4 overhead lasso, 4 under lasso, 4 side swing** - Swing the rope overhead with one hand 4 times, bring the rope under the feet to do 4 single jump lasso, do 4 side swings. – 02:25
65. **2 overhead lasso, 2 under lasso, 2 side swings** - Swing the rope overhead with one hand 2 times, bring the rope under the feet to do 2 single jump lasso, do 2 side swings. – 02:39
66. **Double under side swing** – Swing the rope to each side, then do a single jump then double under. – 02:52