

THE
CHALLENGE
FIT CLUB

VIP

ALL ACCESS PASS



**Fresh Fitness
Every 21 Days
for Insane Results**

JUMP ROPE

Shawna Kaminski Master CTT, BKIn, BEd

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.

21-Day JUMP ROPE Challenge

Welcome to the 21-Day Challenge Fit Club – Jump Rope module.

Not everyone is a jump rope fanatic and is proficient at it (yet). It's my goal for you that your jump rope skills will improve in the next 21 days. Of course this can only happen when you practice. If you're especially frustrated and can't get a great workout in, drop the rope and go hard at a 'phantom skip' or a pretend skip without the rope. If you're a total novice, be sure to spend about 10 minutes a day just practicing your basic jump rope skills until you can do one minute of 'any skip' jumps so you can start to use the rope in the workouts.

Like anything else, practice makes perfect. The more you jump rope, the better your skills, the better workout you'll have.

Jump Rope Tips

Here are some tips to successful jump roping:

Choose wisely: My favorite jump rope is plastic with foam covered hard plastic handles. I've used wooden handled ropes, leather ropes, beaded ropes, cloth ropes, weighted handled ropes, but my all time favorite is a simple plastic rope for about \$12. The plastic and leather ropes are a little unforgiving: they sting when you miss and when you're going 'pepper'. The cloth ropes are slow and 'float' too much for my liking. Cloth ropes are the most forgiving for beginners.

Use your balls: Try to softly jump up and down on the balls on your feet. Your calves will get a workout since your heels shouldn't touch the ground.

Don't get high: Your goal is to jump efficiently. Stay low, about one quarter of an inch off the ground. You can't establish a good rhythm if you're jumping too high and you'll burn out quickly. My goal is for you to become better skilled at jump roping so you can take on fun steps and challenges. Relax and get into a rhythm.

No swimming allowed: Your goal is to jump rope, not do the butterfly stroke in the pool. The key to successful arm action is all in the wrists. The shoulders and arms should be relaxed and the rotation all comes from the wrists. Keep the elbows tucked into the sides.

Length is everything: If you bisect the jump rope by putting it under your feet, the handles should reach your sternum or armpits. Much higher, or lower will affect the rhythm and make jumping rope much harder. If the rope falls short of your armpits, the rope will not hit the ground as it passes under your feet when you jump. If the rope comes up well past your armpits, you may trip on the extra length and the rope may become tangled as you jump. The jump rope should tick

the ground each revolution, which also makes it easier to count reps and get in a rhythm.

In general you can follow a basic chart to determine the correct jump rope length for your height. 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.

Get Low: When jumping rope, keep the arms down, the wrists should be just above the waistline and close to your sides.

Find your groove: Rhythm is important and takes time and practice. You'll find a natural groove or rhythm as you become more experienced at jumping rope. Don't force it, relax. The more you relax, the more efficient you become at jumping rope, the harder you can push yourself with challenging workouts.

One jump at a time: Learning to jump rope takes some practice and some patience, but it's well worth the effort. Not only will you look super fit jumping rope, it will MAKE you super fit as well. The highest intensity workout involves one jump each time the rope passes. Slowing the rope to add a double jump per rope rotation reduces the intensity; this is fine in the beginning, but you'll learn to become a more efficient jump roper.

Beginner Tip: Learn the wrist action first. Hold both handles in one hand. Keep them just a little higher than the waist. Do a rope swing on one side of your body. Listen for the rope to touch and add a hop every time the rope skims the floor. Do the same with the opposite hand. Basically you'll begin to jump rope without the rope going under your feet.

Beginner Tip: Do a walking skip. Start off walking forward and bring the rope up and over your head, naturally step over the rope as you walk, without breaking stride. Gradually increase the speed of your walk and rope swing.

Practice, practice, practice. You need to put in some time with your rope. At first, if your jump rope skills are massively inefficient, you may be stopping a lot and find that the intensity of your workout is suffering. But, like anything, your jump rope skills will improve over time. **Stick with it.** You may decide to drop the rope and do a phantom skip for parts of the workout if necessary.

You can head to my YouTube channel www.youtube.com/challengeworkouts and look in the jump rope play list to find all kinds of tips and tricks to help with your jump rope skills.

Okay, now onto the workouts!

There are four challenges and a bonus workout. These will be used as your workouts for the next 3 weeks. Keep cycling through the workouts during the 21-day challenge. Start and end the 21 days with the bench mark challenge so you can compare your fitness results.

Some of you will want to train every day, some will want to take a day off in between workouts. Listen to your body. These workouts are short and will not elicit a cortisol (the fat storing hormone) response.

Depending on your fitness level, you can choose to:

- Do a challenge a day for four days and rest on the fifth day
- Do a challenge every second day, cycling through the four challenges in order.
- Throw in the bonus workout anywhere, or tack it on after the fourth challenge.
- Again: listen to your body and if you're tired and/or sore, take a day off to rest.

You'll want to ensure that you start each workout with a warm up and end with a cool down. [Use the video warm up/cool down on the download page](#) or start with this warm up:

Bodyweight Warm-up

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall sit Stick-up – 8 reps
- Pushups – 8 reps
- Easy jump rope 50 reps

Test Time – Benchmark Challenge

Before you start, do the following benchmark mini challenges on day one. You'll *repeat these challenges at the end of 21 days* and compare your progress.

Obviously your goal is to show improvement.

Set your timer for one minute, do the test, rest one minute, do the next test. Make a note your numbers for later comparison.

- How many regular jump rope rotations can you do?
- How many double jump rope rotations can you do?

Do the following AMRAP (as many rounds as possible) set in 6 minutes, count the total number of sets, try to improve by the end of the challenge:

- 50 jump ropes (any kind)
- 10 push ups
- 10 prisoner squats
- 10 spider crawls (5 per side)
- 10 prisoner reverse lunges (5 per side)

Remember FORM always trumps quantity. Keep your reps strict. This will also reduce the risk of injury.

Let's get started!

Jump to Your Abs Jump Rope Challenge

Challenge: The goal of this workout is to build your jump rope skills. You want to keep the intensity up while jumping rope and missing the rope LESS. Jump rope is tough and as you tire, you'll miss. You can even keep track of how many misses you have and try to get LESS each workout.

There are three options: a beginner, intermediate and an advanced. Match the time suggested for the jump rope set with the plank variation move that follows it.

For the beginner: do a 'phantom skip' or pretend jump rope for 30 seconds of work, 10 seconds transition for the entire workout. (Although this won't improve your jump rope skills, you'll get a better workout than constantly missing the rope. In this case, make sure that you set aside time to work on your jump rope skills separately from your workout.)

For the intermediate: use your jump rope using any skipping method for 30 seconds of work, 10 seconds transition for the entire workout.

For the advanced: use your jump rope, do the skipping steps indicated below for 1 minute of work, 10 seconds transition for the entire workout.

Exercises:

Jump rope (any step)
Get ups

Jump Rope (side to side)
Plank with alternate leg lifts

Jump Rope (high knees)
Side plank left

Jump Rope (high knees)
Side plank right

Jump Rope (double-unders)
Plank jacks

Repeat up to 3 times.

Equipment: Timer, jump rope

Need a Change? Training Variation:

Do 100 reps of jump rope/30 sec to 1 min for the plank move for 5 rounds.

Up by 10 Jump Rope Challenge

Challenge: This is an AMRAP set. Count the total rounds completed in 15 minutes. Rest as little as possible between exercises; record the number of rounds done. Beat your score the next time you do this workout.

- 1 – 10 push ups (modified)
- 2 – 20 jump ropes (any kind of skip)
- 3 – 30 prisoner swing lunge (15 per side)
- 4 – 40 plank alternate leg lifts (20 per side)
- 5 – 50 jump rope (any kind of skip)

Need a Change? Training Variation:

Do the exercises in a timed set 30/05 for five rounds.

Ab Polisher to Finish

Set your timer for 40/10. Do the following:

Shoe touch
Spider crawl
Jump rope (double unders)
Side plank
Side plank

Repeat

‘Jumpin Don’t Lie’ Jump Rope Challenge

Challenge: Record the total reps completed during this workout. Do MORE reps with excellent form the next time you do this workout.

Equipment: Timer, box for box jump, pull up bar

Set the timer for 5 rounds of one minute of workout and 15 seconds recovery/transition. Perform each exercise for one minute and then transition to the next exercise in the 15 seconds between sets. Complete 3 rounds in total.

Exercises:

Jump rope (any step)

Prisoner squats

Spider crawl (left/right counts as one)

Jump rope (optional: double-unders)

Push ups (modified push up)

Rest one minute between each round of five exercises.

Need a Change? Training Variation:

*Optional add: Pull ups (assisted pull ups, wall sit stick up) to the workout, set the timer for 6 rounds of one min/15 seconds rest, do 3 rounds

Do 10 reps of all exercises for 5 rounds (100 jump ropes)

#7 FUW Jump Rope Challenge

Challenge: Set the timer for 75 seconds of work with 15 seconds transition. The challenge is to increase the weight on the exercises for this workout. Pick a weight that's a challenge for 8-10 reps.

By the end of the workout, you'll have completed 28 reps with a weight that you'd normally only get 8-10 times. Cool right?

What is FUW?

Do seven reps of the exercise, then jump rope in the time remaining left until the 75 seconds is up.

Rest 15 seconds and repeat this set for four sets.

Equipment: Timer, jump rope, Barbell or Dumb bells

Exercises:

7 Weighted squats FUW jump rope (any kind of skip)
Repeat 3 more times (4 sets total)

Rest one minute

7 Bench press or DB chest press FUW jump rope (any kind of skip)
Repeat 3 more times (4 sets total)

Rest one minute

7 Deadlift FUW jump rope (any kind of skip)
Repeat 3 more times (4 sets total)

Training Variation:

Give yourself additional rest if needed, eg: set the timer for 75 seconds of work with 30 seconds transition. Do only 3 sets of each for a shorter workout.

Bonus Workout: 1000 Rep Jump Rope Challenge

Challenge: This is a timed set, rest as little as possible. Your goal is to beat your time the next time you do this workout.

Equipment: Timer

Exercises: Time yourself doing the specified reps of these 5 exercises for 5 rounds

1. 120 jump ropes (any kind of skip)
2. 20 Prisoner swing lunge (10 per side)
3. 20 One leg walk out to plank cross body mountain climber (alternate legs R/L is counted as 2 reps)
4. 20 jump rope (double unders)
5. 20 wall sit stick ups

Training Variation: Use a timer. Set it for 30 seconds of work with a 5 second transition for 30 sets. For this variation, take a 30 second break between rounds. Do 5 rounds.

Exercises

*These are the exercises in this module.

- Bench press
- bodyweight squats
- deadlift
- front plank
- get ups
- jump rope (any kind of skip)
- jump rope (double unders)
- jump rope (high knees)
- jump rope (side to side)
- jumping lunge
- One leg walk out to plank cross body mountain climber
- plank alternate leg lift
- plank jacks
- prisoner reverse lunge
- prisoner swing lunge
- prisoner squat
- pull ups (modified: assisted pull ups)
- push ups (modified push up, regular, decline)
- shoe touch
- side plank
- spider crawl
- squats
- wall sit stick up