



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.

Challenge Jump Rope Finishers

Jump Rope Finisher #1

Don't Cross Me

Set your timer for 30 seconds work/5 seconds transition for 12 sets

- Skipping: cross cross hop
- Skipping: high knee

Repeat circuit six times

Jump Rope Finisher #2

Holy Hamstrings

Set your timer for 1 minute work/30 seconds work (no transition time) for 8 sets.

- Skipping: butt kick skips 1 min
- Single leg RDL (with rope overhead) 30 sec
- Skipping: butt kick skips 1 min
- Single leg RDL (with rope overhead) 30 sec
- Skipping: butt kick skips 1 min
- Reverse hip lift pulse 30 sec
- Skipping: butt kick skips 1 min
- Prisoner position good morning 30 sec

Repeat circuit two times

Jump Rope Finisher #3

Burpee Criss Cross

Set your timer for 30 second repeats for 12 sets.

- Skipping: cross cross hop 30 seconds
- Burpee 30 seconds

Repeat circuit six times

Jump Rope Finisher #4

Peppered Burpee

Set your timer for 30 seconds work/5 seconds transition for 12 sets.

- Skipping: cross cross hop burpee 30 seconds
- Double foot pepper 30 seconds

Repeat circuit six times

Jump Rope Finisher #5

Burpee Mix Up

Set your timer for 30 second repeats for 12 sets.

- Burpee 30 seconds
- Skipping: cross cross hop 30 seconds
- Skipping: cross cross hop burpee 30 seconds
- Skipping: double foot pepper 30 seconds

Repeat circuit three times

Jump Rope Finisher #6

Dancin' Fool

Set your timer for 30 second with a 5 second transition for 12 sets.

- Skipping: Alternate two hops/foot
- Skipping: one foot up and over opposite foot 30 seconds
- Skipping: other foot up and over opposite foot 30 seconds
- Rope swings (active recovery)

Repeat circuit three times.

Jump Rope Finisher #7

Pee in the Woods

Set your timer for 20 second work with 5 seconds transition for 12 sets.

- Skipping: side to side two feet
- Side squat walk (5 steps each direction)
- In out hops
- Squat pulse
- Skipping: freestyle
- Squat with rope over head

Repeat circuit three times

Jump Rope Finisher #8

Spidey Senses

Set your timer for 6-8 minutes. Get as much done as you can.

Count down:

- Skipping: freestyle skips 30 seconds
- 10 Spiderman push ups

- Skipping: freestyle skips 30 seconds
- 8 Spiderman push ups

- Continue until you get to:
- Skipping: freestyle skips 30 seconds
- 2 Spiderman push ups

Jump Rope Finisher #9

One Leg at a Time

Set your timer for 30 seconds work/5 seconds transition for 12 sets.

- Skipping: single leg skip 30 seconds
- One legged burpee 30 seconds
- Side plank recovery 30 seconds
- Skipping: other single leg skip 30 seconds
- Other leg one legged burpee 30 seconds
- Other side plank recovery 30 seconds

Repeat circuit two times.

Jump Rope Finisher #10

Hang Man

Equipment: Pull up bar

Do the following exercises AMRAP style for 6 minutes:

- Skipping: freestyle 30 reps
- 5 pull ups (5 wall sit stick ups)
- Skipping: 10 double unders
- 5 hanging leg raises (prone leg raises)