

# JUMP ROPE **FITNESS**

30 DAY JUMP ROPE **FITNESS** CHALLENGE

CROSSROPE™



Welcome to the **30 Day Jump Rope Fitness Challenge**.

Congratulations on embarking on your jump rope journey. We're excited to help you achieve your fitness goals with our fun and unique jump rope workouts.

The Jump Rope Fitness Challenge is designed to help you burn maximum calories, improve your endurance, and build dynamic strength with our fun compilation of workouts.

We've designed this challenge to be different. You'll find a unique mix of jump rope and bodyweight exercises in this challenge that you've probably never seen before.

## **How the Challenge Works**

Inside this PDF you will find all of the workouts you need for the challenge.

There are 25 workouts in total with five active rest days strategically positioned throughout the challenge to ensure you get the rest and recovery you need.

While we encourage you to push yourself each workout, please make sure that you are listening to your body. Always choose the appropriate intensity level for yourself and if you need to take a couple of extra days off throughout to recover and recuperate from some of the difficult workouts, please do so. You'll get much better results that way.

Please make sure to read our [disclaimer](#) before attempting the challenge.

For each workout, we have provided a beginner version and an advanced version. Feel free to choose the level that is most appropriate for your fitness level. If you have one of our [Crossrope sets](#), stick to the recommended weights. If you're using your own rope, use the same rope for all of your workouts.

We recommend that you print this document off and take it with you to your training so you can reference the workouts quickly, write down your results, and make any necessary notes (for yourself).

As always, make sure you're using best practices with your training.

Always warm-up for a few minutes before you start and cool-down and stretch when you're done. Get plenty of rest and make use of simple recovery tools like foam rollers to boost your recovery time. Eat well and stay hydrated at all times.

Most importantly, have fun with your training because if you enjoy it, you're more likely to see it through.

We want to see you succeed and we're excited to be part of your journey.

If you have any questions along the way, need clarification on exercises or workouts, or just want to share your progress, tag us in our jump rope community or send us an email. We'd be happy to help you get to that next level.

We hope you're excited. Feel free to start the challenge whenever you're ready.

Good luck!

The Crossrope Team

## The Workout Protocols

The following are quick descriptions of the workout protocols that you will be using in this challenge. Please familiarize yourself with them before attempting the workouts.

### Jump Rope Circuits

This is a very simple workout protocol that is built around circuits. In a circuit, you'll have a series of exercises that you'll need to do one after the other. Your goal for this workout protocol will be to complete a specific number of circuits. It's simple, but fun.

### Jump Rope Max Rounds

This protocol is higher intensity. You will be given a sequence of exercises to do and your goal will be to complete as many full rounds of that sequence as you can in a set amount of time. You may take breaks as needed, but the timer must keep going until the set time is up.

### Jump Rope Tabata

The Tabata is a simple and classic workout protocol built around quick intervals. In this workout you will alternate between 20 seconds of high intensity exercise and 10 seconds of rest for 8 consecutive rounds. One Tabata will total 4 minutes.

The key with Tabatas is to push as hard as you can during each 20 second work session. Just remember that your max intensity will depend on your current fitness level.

Note – some of our Tabatas will be combo Tabatas. They work exactly the same except that instead of one exercise you will be alternating between two exercises each 20 second session. Same principal, but a lot more fun and versatile.

### Jump Rope Minute

This fun workout protocol is a game of give and take. Here's how it is structured - you must complete a set number of reps of an exercises within 60 seconds. You can go at whatever pace you want, but you must complete those set reps within the minute. Once you finish your reps, whatever remains of the minute is your rest time. So you have the choice of pushing the pace and increasing your intensity so you can have more rest or slowing down the pace but having less rest.

Just remember - you only rest after you complete your reps and only for what remains in the minute. So if you finish your reps in 30 seconds, you have 30 seconds to rest before the next round begins. If you complete your reps in 45 seconds, you have 15 seconds to rest before the next round begins.

Note – sometimes you will be asked to do two different exercises in one minute. The same rules apply where you must complete the reps for both exercises within 60 seconds.

## **Jump Rope Ladder**

The ladder protocol is a test of resilience. You will set your timer to stopwatch mode and race against the clock to complete a given ladder of exercises. A ladder has two exercises. Your goal will be to alternate back and forth between the exercises where the reps of one exercise stay the same and the reps of the second exercise change. You may rest as needed, but as always the timer keeps going until you complete the ladder. Here is an example for reference -

Ladder of exercises:

- Basic jumps: 25-50-75-100-75-50-25
- 10 bodyweight squats between rounds

Here is what that looks like when broken down:

- 25 basic jumps, 10 bodyweight squats
- 50 basic jumps, 10 bodyweight squats
- 75 basic jumps, 10 bodyweight squats
- 100 basic jumps, 10 bodyweight squats
- 75 basic jumps, 10 bodyweight squats
- 50 basic jumps, 10 bodyweight squats
- 25 basic jumps, 10 bodyweight squats

That's it! Now let's get into the workouts.



<b>Workout Protocol</b> <a href="#">Jump Rope Circuits</a>	<b>Estimated Completion Time</b> 25 - 35 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the circuits provided.

**Notes:**

For all freestyle jumping sessions, choose any jump rope skills you wish – feel free to mix it up. For each exercise, choose your own intensity. If you need extra rest, use one of the 30 second plank sessions for extra recovery. If you have trouble holding a regular plank for 30 seconds, use a modified version (with hands elevated on bench).

BEGINNER BLOCK	ADVANCED BLOCK
<p><i>Start with 1/4 LB Rope</i></p> <p><i>Repeat Circuit A 3 times:</i>            30 seconds of freestyle jumps            30 seconds of mountain climbers (low intensity)            30 seconds of freestyle jumps            30 seconds of elbow planks</p> <p><i>Rest 2 minutes – switch to 1/2 LB rope</i></p> <p><i>Repeat Circuit B 3 times:</i>            30 seconds of freestyle jumps            30 seconds of mountain climbers (low intensity)            30 seconds of freestyle jumps            30 seconds of extended planks</p>	<p><i>Start with 1/4 LB Rope</i></p> <p><i>Repeat Circuit A 4 times:</i>            60 seconds of freestyle jumps            30 seconds of mountain climbers (low intensity)            60 seconds of freestyle jumps            30 seconds of elbow planks</p> <p><i>Rest 2 minutes - switch to 1/2 LB rope</i></p> <p><i>Repeat Circuit B 4 times:</i>            60 seconds of freestyle jumps            30 seconds of mountain climbers (high intensity)            60 seconds of freestyle jumps            30 seconds of extended planks</p>

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Max Rounds</a>	<b>Estimated Completion Time</b> 30 - 35 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block series and complete as many (full) rounds as you can for each block. Note the time of each round below.

**Notes:**

Rest as needed, but the timer must keep going until the time is up. For any jump rope exercise that you cannot do yet, switch to the basic jump.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C
<p><i>Start with 1/4 LB Rope</i> <i>Timer: 5 minutes</i></p> <p>50 basic jumps 5 bodyweight squats 50 basic jumps 5 push-ups</p> <p><i>Rest 2 minutes – move to Block B</i></p>	<p><i>Switch to 1/2 LB rope</i> <i>Timer: 5 minutes</i></p> <p>50 jump rope jacks 5 squat jumps 50 jump rope jacks 5 push-ups</p> <p><i>Rest 2 minutes – move to Block C</i></p>	<p><i>Switch to 1 LB rope</i> <i>Timer: 5 minutes</i></p> <p>50 basic jumps 5 frog jumps 50 jump rope jacks 5 frog jumps</p>
ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C
<p><i>Start with 1/4 LB Rope</i> <i>Timer: 8 minutes</i></p> <p>60 basic jumps 10 bodyweight squats 60 basic jumps 10 push-ups</p> <p><i>Rest 2 minutes – move to Block B</i></p>	<p><i>Switch to 1/2 LB rope</i> <i>Timer: 8 minutes</i></p> <p>60 jump rope jacks 10 squat jumps 60 jump rope jacks 10 push-ups</p> <p><i>Rest 2 minutes – move to Block C</i></p>	<p><i>Switch to 1 LB rope</i> <i>Timer: 8 minutes</i></p> <p>60 basic jumps 10 frog jumps 60 jump rope jacks 10 push-ups</p>

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Tabata</a>	<b>Estimated Completion Time</b> 20 - 25 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Starter Set</a>
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**Objective:** choose the beginner or advanced block and complete the given Tabatas. For best results, push as hard as you can during your 20 second work sessions.

<b>BEGINNER BLOCK</b>	<b>ADVANCED BLOCK</b>
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Complete each Tabata once:

- **Tabata 1:**  
1/4 LB Rope jump rope alternate foot steps
- **Tabata 2:**  
mountain climbers
- **Tabata 3:**  
1/2 LB Rope jump rope alternate foot steps

*Rest 3 minutes between each Tabata.*

Complete each Tabata once:

- **Tabata 1:**  
1/4 LB Rope jump rope alternate foot steps
- **Tabata 2:**  
mountain climbers
- **Tabata 3:**  
1/2 LB Rope jump rope alternate foot steps

*Rest 3 minutes between each Tabata.*

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Ladder</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Strong Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block, set your timer to stopwatch mode, and see how long it takes you to complete the given ladder of exercises.

BEGINNER BLOCK	ADVANCED BLOCK
<p><i>Start with 1 LB Infinity Rope</i></p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Basic jumps: 25-50-75-75-50-25</li> <li>- Walk-outs: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p>Repeat Beginner Block with 1 LB rope</p>	<p><i>Start with 1 LB Infinity Rope</i></p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Basic jumps: 25-50-75-100-75-50-25</li> <li>- Walk-out with push-ups: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p>Repeat Advanced Block with 2 LB rope</p>

### RESULTS

Beginner    Advanced   Result: \_\_\_\_\_





<b>Workout Protocol</b> <u>Active Rest</u>	<b>Estimated Completion Time</b> As much time as you need
<p>Welcome to your very first <b>active rest day</b>. We will be incorporating rest days throughout the challenge so you can give your body some much-needed rest.</p> <p>There are two things we want you to do on your active rest days:</p> <p><b>1. Go for a long walk</b></p> <p>Walking is great for recovery, fat loss, and overall stress relief. Aim for 30-45 minutes of brisk walking either outdoors or on a treadmill (if you're forced to be inside). Keep up a good pace (~ 10 min/km).</p> <p><b>2. Complete a series of stretches.</b></p> <p>Take some time to perform a series of stretches to improve your recovery time and flexibility. Feel free to spend about 30-45 seconds on each stretch. Just make sure your body is warmed up before you start.</p>	
<b>ALL JUMPERS</b>	
<p>Complete a walk:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 30-45 Minute walk complete</li> </ul> <p>Complete a series of stretches:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Downward dog to upward dog</li> <li><input type="checkbox"/> Calve stretch (in downward dog position)</li> <li><input type="checkbox"/> Hip flexor stretch</li> <li><input type="checkbox"/> Cobra stretch</li> <li><input type="checkbox"/> Child's pose stretch</li> <li><input type="checkbox"/> Hamstring stretch</li> <li><input type="checkbox"/> Quad stretch</li> <li><input type="checkbox"/> Lower back stretch (leg over)</li> <li><input type="checkbox"/> Any others that work for you</li> </ul>	<p>Other Notes:</p>



<b>Workout Protocol</b> <a href="#">Jump Rope Minute</a>	<b>Estimated Completion Time</b> 30 - 45 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Plus Set</a>
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**Objective:** choose your block and complete as many on the minute rounds as you can for each block. When you complete one block, move on to the next block. Your goal is to complete 20 blocks total. For any jump rope skills you're struggling with, substitute in basic jumps.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C	BEGINNER BLOCK D
<p><i>Start with 1/4 LB Rope</i></p> <p>50 basic jumps 5 squat thrusts <i>Rest remainder of round</i> 60 basic jumps 5 squat thrusts <i>Rest remainder of round</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>Switch to 1/2 LB rope</i></p> <p>50 alternate foot jumps 5 drop squats <i>Rest remainder of round</i> 60 alt foot jumps 5 drop squats... Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1 LB rope</i></p> <p>40 basic jumps 5 jump squats <i>Rest remainder of round</i> 50 basic jumps 5 drop squats... Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>Switch to 2 LB rope</i></p> <p>30 alternate foot jumps Squat hold rest of minute</p>

ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C	ADVANCED BLOCK D
<p><i>Start with 1/4 LB Rope</i></p> <p>60 basic jumps 10 squat thrusts <i>Rest remainder of round</i> 70 basic jumps 10 squat thrusts <i>Rest remainder of round</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>Switch to 1/2 LB rope</i></p> <p>60 alternate foot jumps 10 drop squats <i>Rest remainder of round</i> 70 alt foot jumps 10 drop squats...</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1 LB rope</i></p> <p>50 basic jumps 10 jump squats <i>Rest remainder of round</i> 60 basic jumps... 10 drop squats...</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>Switch to 2 LB rope</i></p> <p>40 basic jumps Squat hold rest of minute</p>

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Circuits</a>	<b>Estimated Completion Time</b> 45 - 50 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective: Objective:** choose the beginner or advanced block and complete the circuits provided. Focus on increasing your jumping speed each round. This is an endurance workout so put on some good tunes and pace yourself. Planks are optional for beginners, but recommended for advanced.

BEGINNER BLOCK	ADVANCED BLOCK
<p><i>Start with 1/4 LB rope</i></p> <p><i>Circuit A:</i>            5 minutes of jumping - light intensity            1 minute plank / optional rest            4 minutes of jumping - medium intensity            1 minute plank / optional rest            3 minutes of jumping - high intensity</p> <p><i>Rest 3 minutes</i>            Switch to 1/2 LB rope, repeat Circuit A</p> <p><i>Rest 3 minutes</i>            Switch back to 1/4 LB rope, repeat Circuit A</p>	<p><i>Start with 1/4 LB rope</i></p> <p><i>Circuit A:</i>            5 minutes of jumping - light intensity            1 minute plank / optional rest            4 minutes of jumping - medium intensity            1 minute plank / optional rest            3 minutes of jumping - high intensity</p> <p><i>Rest 3 minutes</i>            Switch to 1/2 LB rope, repeat Circuit A</p> <p><i>Rest 3 minutes</i>            Switch back to 1/4 LB rope, repeat Circuit A</p> <p><i>Rest 3 minutes</i>            Switch to 1/2 LB rope, repeat Circuit A</p>

### RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <u>Jump Rope Max Rounds</u>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <u>Get Strong Set</u> / <u>Plus Set</u>
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**Objective:** choose the beginner or advanced block series and complete as many (full) rounds as you can for each block. Note the time of each round below.

**Notes:**

Rest as needed, but the timer must keep going until the time is up. For any jump rope exercise that you cannot do yet, switch to the basic jump. Beginners may use modified push-ups.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C
<p><i>Start with 1 LB Rope</i> <i>Timer: 5 minutes</i></p> <p>25 basic jumps 5 push-ups 25 jump rope jacks 5 push-ups</p> <p><i>Rest 3 minutes – move to Block B</i></p>	<p><i>Switch to 2 LB rope</i> <i>Timer: 5 minutes</i></p> <p>25 basic jumps 5 squat thrusts 25 alternate foot jumps 5 squat thrusts</p> <p><i>Rest 3 minutes – move to Block C</i></p>	<p><i>Switch to 1 LB rope</i> <i>Timer: 5 minutes</i></p> <p>25 basic jumps 5 walk-outs 25 boxer jumps 5 walk-outs</p>
ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C
<p><i>Start with 2 LB Rope</i> <i>Timer: 7 minutes</i></p> <p>50 basic jumps 10 push-ups 50 jump rope jacks 10 push-ups</p> <p><i>Rest 3 minutes – move to Block B</i></p>	<p><i>Switch to 1 LB rope</i> <i>Timer: 7 minutes</i></p> <p>50 basic jumps 10 squat thrusts 60 alternate foot jumps 10 squat thrusts</p> <p><i>Rest 3 minutes – move to Block C</i></p>	<p><i>Switch to 2 LB rope</i> <i>Timer: 7 minutes</i></p> <p>50 basic jumps 5 burpees 50 boxer jumps 5 burpees</p>

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Tabata</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Starter Set</a>
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**Objective:** choose the beginner or advanced block and complete the given Tabatas. For best results, push as hard as you can during your 20 second work sessions.

BEGINNER BLOCK	ADVANCED BLOCK
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Complete each Tabata once:

- **Tabata 1:**  
1/2 LB Rope jump rope jacks
- **Tabata 2:**  
mountain climbers
- **Tabata 3:**  
1/4 LB Rope jump rope alternate foot jumps

*Rest 3 minutes between each Tabata.*

Complete each Tabata once:

- **Tabata 1:**  
1/4 LB Rope jump rope alternate foot steps
- **Tabata 2:**  
mountain climbers
- **Tabata 3:**  
1 LB Rope jump rope alternate foot steps

- **Tabata 4:**  
cross mountain climbers

*Rest 3 minutes between each Tabata.*

### RESULTS

Beginner    Advanced   Result: \_\_\_\_\_

<p><b>Workout Protocol</b></p> <p><u>Active Rest</u></p>	<p><b>Estimated Completion Time</b></p> <p>As much time as you need</p>
<p>Welcome to another <b>active rest day</b>.</p> <p>Remember the two things we suggest you do on your active rest day:</p> <p><b>1. Go for a long walk</b></p> <p>Walking is great for recovery, fat loss, and overall stress relief. Aim for 30-45 minutes of brisk walking either outdoors or on a treadmill (if you're forced to be inside). Keep up a good pace (~ 10 min/km).</p> <p><b>2. Complete a series of stretches.</b></p> <p>Take some time to perform a series of stretches to improve your recovery time and flexibility. Feel free to spend about 30-45 seconds on each stretch. Just make sure your body is warmed up before you start.</p>	
<p><b>ALL JUMPERS</b></p>	
<p>Complete a walk:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 30-45 Minute walk complete</li> </ul> <p>Complete a series of stretches:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Downward dog to upward dog</li> <li><input type="checkbox"/> Calve stretch (in downward dog position)</li> <li><input type="checkbox"/> Hip flexor stretch</li> <li><input type="checkbox"/> Cobra stretch</li> <li><input type="checkbox"/> Child's pose stretch</li> <li><input type="checkbox"/> Hamstring stretch</li> <li><input type="checkbox"/> Quad stretch</li> <li><input type="checkbox"/> Lower back stretch (leg over)</li> <li><input type="checkbox"/> Any others that work for you</li> </ul>	<p>Other Notes:</p>



<b>Workout Protocol</b> <a href="#">Jump Rope Ladder</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Strong Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block, set your timer to stopwatch mode, and see how long it takes you to complete the given ladder of exercises.

**Notes:**

Rest as needed, but the stopwatch keeps going until the ladder is complete. Mark your completion time.

BEGINNER BLOCK	ADVANCED BLOCK
<p>Start with the 1 LB Rope</p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Basic jumps: 100-75-50-25-50-75-100</li> <li>- Squat thrusts: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p>Repeat Beginner Block with 1 LB rope</p>	<p>Start with the 1 LB Rope</p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Basic jumps: 100-75-50-25-50-75-100</li> <li>- Squat thrust with push-up: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p>Repeat Advanced Block with 2 LB rope</p>

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Minute</a>	<b>Estimated Completion Time</b> 25 - 35 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Plus Set</a>
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**Objective:** choose your block and complete as many on the minute rounds as you can for each block. When you complete one block, move on to the next block. Your goal is to complete 20 blocks total. For any jump rope skills you're struggling with, substitute in basic jumps.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C	BEGINNER BLOCK D
<p><i>Start with 1/4 LB Rope</i></p> <p>50 alternate foot jumps <i>Extended plank rest of min.</i></p> <p>60 alternate foot jumps <i>Extended plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>Switch to 1/2 LB rope</i></p> <p>50 basic jumps <i>Elbow plank rest of min.</i></p> <p>60 basic jumps <i>Elbow plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1 LB rope</i></p> <p>50 jump rope jacks <i>Extended plank rest of min.</i></p> <p>60 jump rope jacks <i>Extended plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>Switch to 2 LB rope</i></p> <p>50 basic jumps <i>Elbow plank rest of min.</i></p> <p>60 basic jumps <i>Elbow plank rest of min.</i></p> <p><i>Complete 5 sets</i></p>

ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C	ADVANCED BLOCK D
<p><i>Start with 1/4 LB Rope</i></p> <p>60 alternate foot jumps <i>Extended plank rest of min.</i></p> <p>70 alternate foot jumps <i>Extended plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>Switch to 1/2 LB rope</i></p> <p>60 basic jumps <i>Elbow plank rest of min.</i></p> <p>70 basic jumps <i>Elbow plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1 LB rope</i></p> <p>60 jump rope jacks <i>Extended plank rest of min.</i></p> <p>70 jump rope jacks <i>Extended plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>Switch to 2 LB rope</i></p> <p>60 basic jumps <i>Elbow plank rest of min.</i></p> <p>70 basic jumps <i>Elbow plank rest of min.</i></p> <p>Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets</i></p>

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_





<b>Workout Protocol</b> <a href="#">Jump Rope Circuits</a>	<b>Estimated Completion Time</b> 35 - 45 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the circuits provided below.

**Notes:**

For the freestyle jumping sessions, choose your own jump rope skills or stick to basic jumps.

BEGINNER BLOCK	ADVANCED BLOCK
<p><i>Start with 1/4 LB Rope</i></p> <p>5 minutes of freestyle jumps (light intensity) <i>1 minute of rest / stretching</i></p> <p>4 minutes of freestyle jumps (medium intensity) <i>1 minute of rest / stretching</i></p> <p>3 minutes of freestyle jumps (high intensity)</p> <p><i>Rest 3-5 minutes – switch to 1/2 LB rope</i></p> <p>Repeat Beginner Block</p>	<p><i>Start with 1/4 LB Rope</i></p> <p>5 minutes of freestyle jumps (light intensity) <i>1 minute of rest / stretching</i></p> <p>4 minutes of freestyle jumps (medium intensity) <i>1 minute of rest / stretching</i></p> <p>3 minutes of freestyle jumps (high intensity)</p> <p><i>Rest 3-5 minutes - switch to 1/2 LB rope</i></p> <p>Repeat Advanced Block</p> <p><i>Rest 3-5 minutes - switch to 1/4 LB rope</i></p> <p>Repeat Advanced Block</p>

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Max Rounds</a>	<b>Estimated Completion Time</b> 25 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Starter Set</a>
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**Objective:** choose the beginner or advanced block series and complete as many (full) rounds as you can for each block. Note the time of each round below.

**Notes:**

Rest as needed, but the timer must keep going until the time is up. Beginners can use a modified version of push-ups. Record how many full rounds of each block you were able to complete.

BEGINNER BLOCK A	BEGINNER BLOCK B
<p><i>Start with 1/4 LB Rope</i> <i>Timer: 10 minutes</i></p> <p>30 alternate foot jumps as fast as you can 5 push-ups 30 alternate foot jumps as fast as you can 5 wide push-ups</p> <p><i>Rest 3 minutes - move to Block B</i></p>	<p><i>Switch to 1 LB rope</i> <i>Timer: 8 minutes</i></p> <p>30 alternate foot jumps as fast as you can 5 side-to-side squats 30 alternate foot jumps as fast as you can 5 frog jumps</p>
ADVANCED BLOCK A	ADVANCED BLOCK B
<p><i>Start with 1/2 LB rope</i> <i>Timer: 12 minutes</i></p> <p>50 alternate foot jumps as fast as you can 5 wide push-ups 50 alternate foot jumps as fast as you can 5 dive-bomber push-ups</p> <p><i>Rest 3 minutes - move to Block B</i></p>	<p><i>Switch to 1 LB rope</i> <i>Timer: 10 minutes</i></p> <p>40 alternate foot jumps as fast as you can 10 side-to-side squats 40 alternate foot jumps as fast as you can 10 squat jumps</p>

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <u>Active Rest</u>	<b>Estimated Completion Time</b> As much time as you need
<p>Welcome to another <b>active rest day</b>.</p> <p>Remember the two things we suggest you do on your active rest day:</p> <p><b>1. Go for a long walk</b></p> <p>Walking is great for recovery, fat loss, and overall stress relief. Aim for 30-45 minutes of brisk walking either outdoors or on a treadmill (if you're forced to be inside). Keep up a good pace (~ 10 min/km).</p> <p><b>2. Complete a series of stretches.</b></p> <p>Take some time to perform a series of stretches to improve your recovery time and flexibility. Feel free to spend about 30-45 seconds on each stretch. Just make sure your body is warmed up before you start.</p>	
<b>ALL JUMPERS</b>	
<p>Complete a walk:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 30-45 Minute walk complete</li></ul> <p>Complete a series of stretches:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Downward dog to upward dog</li><li><input type="checkbox"/> Calve stretch (in downward dog position)</li><li><input type="checkbox"/> Hip flexor stretch</li><li><input type="checkbox"/> Cobra stretch</li><li><input type="checkbox"/> Child's pose stretch</li><li><input type="checkbox"/> Hamstring stretch</li><li><input type="checkbox"/> Quad stretch</li><li><input type="checkbox"/> Lower back stretch (leg over)</li><li><input type="checkbox"/> Any others that work for you</li></ul>	<p>Other Notes:</p>



<b>Workout Protocol</b> <a href="#">Jump Rope Combo Tabata</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the given combo Tabatas below. For best results, push as hard as you can during your 20 second work sessions.

BEGINNER BLOCK	ADVANCED BLOCK
<p>Complete each combo Tabata once:</p> <ul style="list-style-type: none"> <li>- <b>Combo Tabata 1:</b> 1/4 LB Rope basic jumps / bodyweight squats</li> <li>- <b>Combo Tabata 2:</b> 1/2 LB Rope alternate foot jumps / mountain climbers</li> <li>- <b>Combo Tabata 3:</b> 1/4 LB Rope jump rope jacks / squat jumps</li> </ul> <p><i>Rest 3 minutes between each Tabata.</i></p>	<p>Complete each combo Tabata once:</p> <ul style="list-style-type: none"> <li>- <b>Combo Tabata 1:</b> 1/4 LB Rope basic jumps / bodyweight squats</li> <li>- <b>Combo Tabata 2:</b> 1/2 LB Rope alternate foot jumps / mountain climbers</li> <li>- <b>Combo Tabata 3:</b> 1/4 LB Rope jump rope jacks / squat jumps</li> <li>- <b>Combo Tabata 4:</b> 1/2 LB Rope alternate foot jumps / cross mountain climbers</li> </ul> <p><i>Rest 3 minutes between each Tabata.</i></p>

### RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<p><b>Workout Protocol</b> <a href="#">Jump Rope Ladder</a></p>	<p><b>Estimated Completion Time</b> 20 - 30 minutes</p>	<p><b>Recommended Sets</b> <a href="#">Get Strong Set</a> / <a href="#">Plus Set</a></p>
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**Objective:** choose the beginner or advanced block, set your timer to stopwatch mode, and see how long it takes you to complete the given ladder of exercises.

**Notes:**

Rest as needed, but the stopwatch must keep going until the ladder is complete. Beginners may exclude push-ups from the walk-outs as an option.

BEGINNER BLOCK	ADVANCED BLOCK
<p><i>Start with 1 LB Rope</i></p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Jump rope jacks: 25-50-75-100-75-50-25</li> <li>- Walk-out push-ups: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p><i>Switch to 2 LB rope</i> Repeat Beginner Block</p>	<p><i>Start with 1 LB Rope</i></p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Jump rope jacks: 25-50-75-100-100-75-50-25 (FYI: not a typo)</li> <li>- Walk-out push-ups: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p><i>Switch to 2 LB rope</i> Repeat Advanced Block</p>

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Minute</a>	<b>Estimated Completion Time</b> 25 - 35 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Plus Set</a>
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**Objective:** choose your block and complete as many on the minute rounds as you can for each block. When you complete one block, move on to the next block. Your goal is to complete 20 blocks total. For any jump rope skills you're struggling with, substitute in basic jumps.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C	BEGINNER BLOCK D
<p><i>Start with 1/2 LB Rope</i></p> <p>60 alternate foot jumps <i>Rest remainder of minute</i> 70 alternate foot jumps <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>No Rope</i></p> <p>30 mountain climbers <i>Rest remainder of minute</i> 35 mountain climbers <i>Rest remainder of minute</i> Repeat rounds, increasing reps by 5 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1 LB Rope</i></p> <p>50 basic jumps <i>Rest remainder of minute</i> 60 basic jumps <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>No Rope</i></p> <p>30 second squat hold <i>Rest remainder of minute</i> 35 second squat hold <i>Rest remainder of minute</i> Repeat rounds, increasing hold by 5 seconds each time</p> <p><i>Complete 5 sets</i></p>

ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C	ADVANCED BLOCK D
<p><i>Start with 1/2 LB Rope</i></p> <p>60 alternate foot jumps <i>Rest remainder of minute</i> 80 alternate foot jumps <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 20 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>No Rope</i></p> <p>40 mountain climbers <i>Rest remainder of minute</i> 45 mountain climbers <i>Rest remainder of minute</i> Repeat rounds, increasing reps by 5 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1/4 LB Rope</i></p> <p>30 double unders <i>Rest remainder of minute</i> 40 double unders <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>No Rope</i></p> <p>30 seconds side to side squats <i>Rest remainder of minute</i> 35 seconds side to side squats <i>Rest remainder of minute</i> Repeat rounds, increasing side to side squats by 5 seconds each time</p> <p><i>Complete 5 sets</i></p>

## RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Circuits</a>	<b>Estimated Completion Time</b> 35 - 50 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the circuits provided below.

**Notes:**

For the freestyle jumping sessions, choose your own jump rope skills or stick to basic jumps and go at whatever pace is comfortable for you. The third block repetition is optional for both beginners and advanced jumpers.

BEGINNER BLOCK			ADVANCED BLOCK		
Rope	Length	Session	Rope	Length	Session
1/4 LB Rope	3 minutes	Freestyle	1/4 LB Rope	5 minutes	Freestyle
<i>Rest 2 minutes</i>			<i>Rest 1 minute</i>		
1/2 LB Rope	3 minutes	Freestyle	1/2 LB Rope	5 minutes	Freestyle
<i>Rest 2 minutes</i>			<i>Rest 1 minutes</i>		
1/4 LB Rope	3 minutes	Freestyle	1/4 LB Rope	5 minutes	Freestyle
<i>Rest 5 minutes and stretch</i>			<i>Rest 5 minutes and stretch</i>		
Repeat Beginner Block starting with 1/2 LB rope			Repeat Advanced Block starting with 1/2 LB rope		
<i>Rest 5 minutes and stretch</i>			<i>Rest 5 minutes and stretch</i>		
Repeat Beginner Block starting with 1/4 LB rope			Repeat Advanced Block starting with 1/4 LB rope		

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Active Rest</a>	<b>Estimated Completion Time</b> As much time as you need
<p>Welcome to another <b>active rest day</b>.</p> <p>Remember the two things we suggest you do on your active rest day:</p> <p><b>1. Go for a long walk</b></p> <p>Walking is great for recovery, fat loss, and overall stress relief. Aim for 30-45 minutes of brisk walking either outdoors or on a treadmill (if you're forced to be inside). Keep up a good pace (~ 10 min/km).</p> <p><b>2. Complete a series of stretches.</b></p> <p>Take some time to perform a series of stretches to improve your recovery time and flexibility. Feel free to spend about 30-45 seconds on each stretch. Just make sure your body is warmed up before you start.</p>	
<b>ALL JUMPERS</b>	
<p>Complete a walk:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 30-45 Minute walk complete</li> </ul> <p>Complete a series of stretches:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Downward dog to upward dog</li> <li><input type="checkbox"/> Calve stretch (in downward dog position)</li> <li><input type="checkbox"/> Hip flexor stretch</li> <li><input type="checkbox"/> Cobra stretch</li> <li><input type="checkbox"/> Child's pose stretch</li> <li><input type="checkbox"/> Hamstring stretch</li> <li><input type="checkbox"/> Quad stretch</li> <li><input type="checkbox"/> Lower back stretch (leg over)</li> <li><input type="checkbox"/> Any others that work for you</li> </ul>	<p>Other Notes:</p>





<b>Workout Protocol</b> <a href="#">Jump Rope Max Rounds</a>	<b>Estimated Completion Time</b> 20 - 25 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Starter Set</a>
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**Objective:** choose the beginner or advanced block series and complete as many (full) rounds as you can for each block. Note the time of each round below.

**Notes:**

Rest as needed, but the timer keeps going until the time is up. If there are any jump rope exercises you can't do, substitute in basic jumps. For speed skaters, each time the right foot strikes the ground counts as one repetition.

BEGINNER BLOCK A	BEGINNER BLOCK B
Start with 1 LB Rope <i>Timer: 10 minutes</i>  50 basic jumps 5 squat thrusts 25 jump rope jacks 5 squat thrusts + push up  <i>Rest 3 minutes - move to Block B</i>	Switch to 1/4 LB rope <i>Timer: 10 minutes</i>  50 alternate foot jumps 5 speed skaters 50 jump rope jacks 5 squat jumps
ADVANCED BLOCK A	ADVANCED BLOCK B
Start with 1 LB Rope <i>Timer: 10 minutes</i>  50 basic jumps 5 squat thrusts + push up 50 jump rope jacks 5 burpees  <i>Rest 3 minutes - move to Block B</i>	Switch to 1/4 LB rope <i>Timer: 10 minutes</i>  100 alternate foot jumps 10 speed skaters 30 double unders 10 squat jumps

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Combo Tabata</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the given combo Tabatas below. For best results, push as hard as you can during your 20 second work sessions.

BEGINNER BLOCK	ADVANCED BLOCK
<p>Complete each combo Tabata once:</p> <ul style="list-style-type: none"> <li>- <b>Combo Tabata 1:</b> 1/4 LB Rope alternate foot jumps / mountain climbers</li> <li>- <b>Combo Tabata 2:</b> Use 1/2 LB Rope boxer steps / bodyweight squats</li> <li>- <b>Combo Tabata 3:</b> Use 1 LB Rope jump rope jacks / squat thrusts</li> </ul> <p><i>Rest 3 minutes between each Tabata</i></p>	<p>Complete each combo Tabata once:</p> <ul style="list-style-type: none"> <li>- <b>Combo Tabata 1:</b> 1/4 LB Rope alternate foot jumps / mountain climbers</li> <li>- <b>Combo Tabata 2:</b> 1/2 LB Rope boxer steps / squat jumps</li> <li>- <b>Combo Tabata 3:</b> 1 LB Rope jump rope jacks / burpees</li> <li>- <b>Combo Tabata 4:</b> 2 LB Rope basic jumps / squat hold</li> </ul> <p><i>Rest 3 minutes between Tabata</i></p>

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Ladder</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Strong Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block, set your timer to stopwatch mode, and see how long it takes you to complete the given ladder of exercises.

**Notes:**

Rest as needed, but the stopwatch must keep going until the ladder is complete. Mark your completion time in the results below.

BEGINNER BLOCK	ADVANCED BLOCK
<p><i>Start with 1 LB Rope</i></p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Basic jumps: 50-100-150-200-150-100-50</li> <li>- Push-ups: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p>Repeat Beginner Block</p>	<p><i>Start with 1 LB Rope</i></p> <p>Complete the following ladder of exercises:</p> <ul style="list-style-type: none"> <li>- Alternate foot jumps: 50-100-150-200-150-100-50</li> <li>- Burpees: 5 between rounds</li> </ul> <p><i>Rest 3 minutes</i></p> <p>Switch to 2 LB rope, repeat Advanced Block</p>

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Minute</a>	<b>Estimated Completion Time</b> 25 - 35 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose your block and complete as many on the minute rounds as you can for each block. When you complete one block, move on to the next block. Your goal is to complete 20 blocks total. For any jump rope skills you're struggling with, substitute in basic jumps.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C	BEGINNER BLOCK D
<p><i>Start with 1/4 LB Rope</i></p> <p>60 alternate foot jumps <i>Rest remainder of minute</i> 70 alternate foot jumps <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>No Rope</i></p> <p>25 drop squats <i>Rest remainder of minute</i> 30 drop squats <i>Rest remainder of minute</i> Repeat rounds, increasing reps by 5 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Switch to 1/2 LB Rope</i></p> <p>60 basic jumps <i>Rest remainder of minute</i> 70 basic jumps <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 10 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>No Rope</i></p> <p>30 second mountain climbers <i>Rest remainder of minute</i> 35 second mountain climbers <i>Rest remainder of minute</i> Repeat rounds, increasing hold by 5 seconds each time</p> <p><i>Complete 5 sets</i></p>
ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C	ADVANCED BLOCK D
<p><i>Use 1/2 LB Rope</i></p> <p>60 alternate foot jumps <i>Rest remainder of minute</i> 80 alternate foot jumps <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 20 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block B</i></p>	<p><i>No Rope</i></p> <p>30 frog jumps <i>Rest remainder of minute</i> 35 frog jumps <i>Rest remainder of minute</i> Repeat rounds, increasing reps by 5 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block C</i></p>	<p><i>Use 1/2 LB Rope</i></p> <p>30 double unders <i>Rest remainder of minute</i> 35 double unders <i>Rest remainder of minute</i> Repeat rounds, increasing jumps by 5 each time</p> <p><i>Complete 5 sets, rest 3 min, move to Block D</i></p>	<p><i>No Rope</i></p> <p>30 seconds cross mountain climbers <i>Rest remainder of minute</i> 35 seconds cross mountain climbers <i>Rest remainder of minute</i> Repeat rounds, increasing time by 5 seconds each time</p> <p><i>Complete 5 sets</i></p>

## RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <u>Active Rest</u>	<b>Estimated Completion Time</b> As much time as you need
<p>Welcome to another <b>active rest day</b>.</p> <p>Remember the two things we suggest you do on your active rest day:</p> <p><b>1. Go for a long walk</b></p> <p>Walking is great for recovery, fat loss, and overall stress relief. Aim for 30-45 minutes of brisk walking either outdoors or on a treadmill (if you're forced to be inside). Keep up a good pace (~ 10 min/km).</p> <p><b>2. Complete a series of stretches.</b></p> <p>Take some time to perform a series of stretches to improve your recovery time and flexibility. Feel free to spend about 30-45 seconds on each stretch. Just make sure your body is warmed up before you start.</p>	
<b>ALL JUMPERS</b>	
<p>Complete a walk:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> 30-45 Minute walk complete</li></ul> <p>Complete a series of stretches:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Downward dog to upward dog</li><li><input type="checkbox"/> Calve stretch (in downward dog position)</li><li><input type="checkbox"/> Hip flexor stretch</li><li><input type="checkbox"/> Cobra stretch</li><li><input type="checkbox"/> Child's pose stretch</li><li><input type="checkbox"/> Hamstring stretch</li><li><input type="checkbox"/> Quad stretch</li><li><input type="checkbox"/> Lower back stretch (leg over)</li><li><input type="checkbox"/> Any others that work for you</li></ul>	<p>Other Notes:</p>

<b>Workout Protocol</b> <u>Active Rest</u>	<b>Estimated Completion Time</b> As much time as you need
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Welcome to your final **active rest day**.

We're doing two back-to-back active rest days to give you some extra recovery time before we embark on the last stretch of the challenge. Remember the two things we suggest you do on your active rest day:

**1. Go for a long walk**

Walking is great for recovery, fat loss, and overall stress relief. Aim for 30-45 minutes of brisk walking either outdoors or on a treadmill (if you're forced to be inside). Keep up a good pace (~ 10 min/km).

**2. Complete a series of stretches.**

Take some time to perform a series of stretches to improve your recovery time and flexibility. Feel free to spend about 30-45 seconds on each stretch. Just make sure your body is warmed up before you start.

**ALL JUMPERS**

Complete a walk:

- 30-45 Minute walk complete

Complete a series of stretches:

- Downward dog to upward dog
- Calve stretch (in downward dog position)
- Hip flexor stretch
- Cobra stretch
- Child's pose stretch
- Hamstring stretch
- Quad stretch
- Lower back stretch (leg over)
- Any others that work for you

Other Notes:



<b>Workout Protocol</b> <a href="#">Jump Rope Circuits</a>	<b>Estimated Completion Time</b> 40 - 50 minutes	<b>Recommended Sets</b> <a href="#">Get Lean Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the circuits provided.

**Notes:**

For the freestyle jumping sessions, choose your own jump rope skills or stick to basic jumps.

BEGINNER BLOCK			ADVANCED BLOCK		
Rope	Length	Session	Rope	Length	Session
1/4 LB Rope	4 minutes	Freestyle	1/4 LB Rope	6 minutes	Freestyle
<i>Rest 2 minutes</i>			<i>Rest 1 minute</i>		
1/2 LB Rope	3 minutes	Freestyle	1/2 LB Rope	5 minutes	Freestyle
<i>Rest 2 minutes</i>			<i>Rest 1 minute</i>		
1/4 LB Rope	2 minutes	Freestyle	1/4 LB Rope	4 minutes	Freestyle
<i>Rest 2 minutes</i>			<i>Rest 1 minute</i>		
1/2 LB Rope	1 minute	Freestyle	1/2 LB Rope	3 minutes	Freestyle
<i>Rest 5 minutes and stretch</i>			<i>Rest 5 minutes and stretch</i>		
Repeat Beginner Block			Repeat Advanced Block		

**RESULTS**

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Ladder</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Strong Set</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block, set your timer to stopwatch mode, and see how long it takes you to complete the given ladder of exercises.

**Notes:**

Rest as needed, but the stopwatch keeps going until the ladder is complete. Mark your completion time.

BEGINNER BLOCK A	BEGINNER BLOCK B
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*Start with 1 LB Rope*

- Alternate foot jumps:  
50-100-150-200-150-100-50
- Walk-out push-ups:  
5 between rounds

*Rest 3 minutes then move to Block B*

*Switch to 2 LB Rope*

- Basic jumps:  
25-50-75-100-75-50-25
- Squat thrusts:  
5 between rounds

ADVANCED BLOCK A	ADVANCED BLOCK B
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*Start with 1 LB Rope*

- Alternate foot jumps:  
50-100-150-200-150-100-50
- Dive-bomber push-ups:  
5 between rounds

*Rest 3 minutes then move to Block B*

*Switch to 2 LB Rope*

- Basic jumps:  
25-50-75-100-75-50-25
- Squat thrusts:  
5 between rounds

RESULTS
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Beginner    Advanced   Result: \_\_\_\_\_





<b>Workout Protocol</b> <a href="#">Jump Rope Combo Tabata</a>	<b>Estimated Completion Time</b> 20 - 30 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Plus Set</a>
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**Objective:** choose the beginner or advanced block and complete the given combo Tabatas below. For best results, push as hard as you can during your 20 second work sessions.

BEGINNER BLOCK	ADVANCED BLOCK
<p>Complete each combo Tabata once:</p> <ul style="list-style-type: none"> <li>- <b>Combo Tabata 1:</b> 1/4 LB Rope alternate foot jumps / bodyweight squats</li> <li>- <b>Combo Tabata 2:</b> 1/2 LB Rope jump rope jacks / mountain climbers</li> <li>- <b>Combo Tabata 3:</b> 1 LB Rope alternate foot jumps / drop squats</li> <li>- <b>Combo Tabata 4:</b> 2 LB Rope basic jumps / mountain climbers</li> </ul> <p><i>Rest 3 minutes between each Tabata</i></p>	<p>Complete each combo Tabata once:</p> <ul style="list-style-type: none"> <li>- <b>Combo Tabata 1:</b> 1/4 LB Rope alternate foot jumps / squat jumps</li> <li>- <b>Combo Tabata 2:</b> 1/2 LB Rope jump rope jacks / mountain climbers</li> <li>- <b>Combo Tabata 3:</b> 1 LB Rope alternate foot jumps / frog jumps</li> <li>- <b>Combo Tabata 4:</b> 2 LB Rope basic jumps / cross mountain climbers</li> </ul> <p><i>Rest 3 minutes between each Tabata</i></p>

### RESULTS

Beginner    Advanced   Result: \_\_\_\_\_



<b>Workout Protocol</b> <a href="#">Jump Rope Max Rounds</a>	<b>Estimated Completion Time</b> 25 - 35 minutes	<b>Recommended Sets</b> <a href="#">Get Fit Bundle</a> / <a href="#">Starter Set</a>
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**Objective:** choose the beginner or advanced block series and complete as many (full) rounds as you can for each block. Note the time of each round below.

**Notes:**

Rest as needed, but the timer keeps going until time is up. Recall that each jump = 1 rep. If you can't do a push-up, use a modified version, and If there are any jump rope exercises you can't do, substitute in basic jumps. For mountain climbers, each time the right knee comes forward is one rep.

BEGINNER BLOCK A	BEGINNER BLOCK B	BEGINNER BLOCK C	BEGINNER BLOCK D
<i>Start with 2 LB Rope</i> <i>Timer: 5 minutes</i>  40 basic jumps 5 bodyweight squats 40 basic jumps 5 push-ups  <i>Rest 3 min, move to Block B</i>	<i>Switch to 1 LB Rope</i> <i>Timer: 5 minutes</i>  50 alternate foot jumps 5 squat thrusts 50 alternate foot jumps 5 walk-outs  <i>Rest 3 min, move to Block C</i>	<i>Switch to 1/2 LB Rope</i> <i>Timer: 5 minutes</i>  60 jump rope jacks 5 squat jumps 60 jump rope jacks 15 mountain climbers  <i>Rest 3 min, move to Block D</i>	<i>Switch to 1/4 LB Rope</i> <i>Timer: 5 minutes</i>  70 alternate foot jumps 5 drop squats 70 alternate foot jumps 5 push-ups
ADVANCED BLOCK A	ADVANCED BLOCK B	ADVANCED BLOCK C	ADVANCED BLOCK D
<i>Start with 2 LB Rope</i> <i>Timer: 6 minutes</i>  50 basic jumps 5 squat jumps 50 basic jumps 5 wide push-ups  <i>Rest 3 min, move to Block B</i>	<i>Switch to 1 LB Rope</i> <i>Timer: 6 minutes</i>  60 alternate foot jumps 5 burpees 60 alternate foot jumps 5 walk-out push-ups  <i>Rest 3 min, move to Block C</i>	<i>Switch to 1/2 LB Rope</i> <i>Timer: 6 minutes</i>  80 jump rope jacks 5 frog jumps 80 jump rope jacks 30 mountain climbers  <i>Rest 3 min, move to Block D</i>	<i>Switch to 1/4 LB Rope</i> <i>Timer: 6 minutes</i>  30 double unders 5 burpees 30 double unders 5 burpees

RESULTS

Beginner    Advanced   Result: \_\_\_\_\_