Jump Rope
Routine

### Option 1
- Double Leg: 3 x 30sec. *(15 sec. rest)*
- Single Leg: 2 x 20sec. each leg *(10 sec. rest)*
- Alternating: 3 x 30 sec. *(15 sec. rest)*
- Jump Any Way: 2 x 60sec. *(30 sec. rest)*

### Option 2
- Double Leg Forward Hops: 2 x 20 jumps
- Single Leg Forward Hops: 2 x 15 jumps each leg
- Double Leg Lateral Hops: 2 x 20 jumps
- Single Leg Lateral Hops: 2 x 15 jumps each leg
- High Knee Run: 2 x 15 steps each leg
- Lateral High Knee Run: 2 x 15 steps each leg
- Jump Any Way: 100 jumps

### Option 3
- Alternating/Alternating High Knee: 30sec./30sec. *(repeat 5 times with no rest)*

### Option 4
- Double Leg Forward: 20yds quick small jumps into 20yds big jumps
- Double Leg Lateral: 20yds quick small jumps into 20yds big jumps
- Single Leg Forward: 20yds quick small jumps into 20yds big jumps
- Single Leg Lateral: 20yds quick small jumps into 20yds big jumps
- Jump Any Way: 300 jumps

### Option 5
- Jump Any Way: 1 x 1,000 jumps