# Jump Rope Routine

**Option 1**
- **Double Leg**: 3 x 30 sec. *(15 sec. rest)*
- **Single Leg**: 2 x 20 sec. each leg *(10 sec. rest)*
- **Alternating**: 3 x 30 sec. *(15 sec. rest)*
- **Jump Any Way**: 2 x 60 sec. *(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**: 30 sec./30 sec. *(repeat 5 times with 30 sec. rest between sets)*

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

**Option 5**
- **Double Leg**: 6 x 20 sec. *(10 sec. rest)*
- **Single Leg**: 6 x 20 sec. *(10 sec. each leg) *(10 sec. rest)*
- **Alternating**: 6 x 20 sec. *(10 sec. rest)*
- **Jump Any Way**: 1 x 300 reps

**Option 6**
- **Jump Any Way**: 1 x 1,000 jumps