30 DAY JUMP ROPE FITNESS CHALLENGE

JUMP ROPE WORKOUTS

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

This PDF contains all of the workouts you will be doing over the course of this challenge. You will see that each workout has a beginner version and an advanced version. It is up to you which version you would like to attempt, just make sure to identify your choice in your notes.

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

Before you get started, please take a second to read through our important success tips below. If you follow these, you will get the best results possible with minimal chances of injury.

Make use of your resources: we've put together a number of resources for you to help you get the best results possible with this challenge - download the resources here. Here you will find nutrition guidelines, an accountability chart, and much more.

Join the community: if you're not part of our online community, you're missing out! We've got over 6,000 amazing jumpers in there who can help keep you accountable – join our community here.

Warm-up: always take 2-3 minutes to warm up with your jump rope before each workout. Go through a few dynamic exercises to get your joints prepped for action. If you need ideas, check out our warm-up guide here.

Stretch and foam roll often: stretch out your major muscle groups after each and every workout. Some of the most important muscle groups to stretch are your calves, hamstrings, glutes, quads, lower back, and chest muscles. As well, get a foam roller and use it often on your calves, shins, and posterior chain.

Stay hydrated: make sure you're taking in plenty of water throughout the challenge. You want to keep yourself hydrated each and every day for maximum performance.

Get rest: make sure you're getting plenty of rest each night so your body can recuperate properly.

Don't get frustrated: mistakes and trip-ups are common when it comes to jumping rope. But, you can't let it discourage you. If you make mistakes throughout your workout, just keep going!

Walk often: incorporate walking into your daily routine if you want to maximize your fat loss results and boost recovery time. A quick 30 – 45min walk will get the job done.

Use a mix of heavy and light ropes: if you can, use at least one light and one heavy jump rope in each workout (when suggested). We have found best results come when using a variety of weights. If you don't have a weighted rope, get yourself a Crossrope or just feel free to use the same rope for the full workout.

Challenge yourself: strive to push yourself a little bit past your comfort level each and every day, but always listen to your body. Always choose the appropriate intensity level for yourself.

Go at your own pace: if you need to take a couple of extra days off throughout the challenge to recover and recuperate from some of the difficult workouts, please do so. It's more important that you complete the challenge at your own pace than to force things and quit (or, worse, get injured).

Have fun: if you're not having fun, what's the point? Enjoy yourself over these next 30 days because the journey matters more than the finish line.

Finally, please note:

For each workout in this challenge: **1 jump = 1 repetition**

Let's begin…

Workout protocol: AMRAP (As Many Rounds as Possible)
Estimated completion time: 10 minutes

Objective: set your timer to 10 minutes and see how many full rounds of the given sequence of exercises you can complete. Take breaks as needed, but the timer keeps going until the time is up. Make sure you focus on good quality reps for each exercise.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black)

Complete as many full rounds of the following sequence in 10 minutes:

- 40 basic jumps
- 30 jump rope jacks
- 20 mountain climbers
- 10 bodyweight squats

Rest as needed. Timer keeps going for full 10 minutes.

ADVANCED VERSION

Recommended rope: 1 Lb Intensity rope (orange)

Complete as many rounds of the following sequence in 10 minutes:

- 50 basic jumps
- 40 jump rope jacks
- 30 mountain climbers
- 20 bodyweight squats
- 10 squat jumps

Rest as needed. Timer keeps going for full 10 minutes.

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Every Minute on the Minute (EMOM)
Estimated completion time: 8 – 12 minutes

Objective: set your timer to beep every 60 seconds and complete as many EMOM rounds as you can of the given exercise and rep count until you can no longer hit the number.

An EMOM workout goes as follows: you complete X reps of an exercises within 60 seconds. You can go at whatever pace you want, but you must complete the reps within the minute. Once you finish your reps, whatever remains of the minute is your rest time. When you can no longer complete the set repetitions within the minute, you're done - mark down how many complete rounds you were able to do.

Remember - you only rest after you do your reps and only for what remains in the minute. So if you complete 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. You get the idea.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete as many rounds as you can of the following:

- 50 basic jumps

ADVANCED VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete as many rounds as you can of the following:

- 70 basic jumps

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Tabata
Estimated completion time: 15 minutes

Objective: set your timer to Tabata mode and complete the given Tabatas below:

If you've never done a Tabata before, it's a simple workout protocol where you alternate between 20 seconds of high intensity work and 10 seconds of rest for 8 consecutive rounds. One Tabata = 4 minutes.

In today's workout, you're going to complete three different Tabatas, resting 60 seconds between each.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black)

- **Tabata 1:** basic jumps
- Rest 60 seconds
- **Tabata 2:** extended planks
- Rest 60 seconds
- **Tabata 3:** squat thrusts

ADVANCED VERSION

Recommended rope: 2 Lb Fury rope (yellow)

- **Tabata 1:** basic jumps
- Rest 60 seconds
- **Tabata 2:** mountain climbers
- Rest 60 seconds
- **Tabata 3:** burpees

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Jump Rope Timed Circuit
Estimated completion time: 10 minutes

Objective: set your timer to beep every 30 seconds and then complete five (5) rounds of the given sequence of jump rope exercises. Complete the first two rounds with a lighter jump rope and the last three rounds with a heavier jump rope.

You will note that today's workout is all about the jump rope so use it as an opportunity to work on your jump rope skills and technique.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black) + **1 Lb Intensity rope (orange)**
Complete 5 rounds of the following sequence of jump rope exercises:

- 30 seconds of basic jumps
- 30 seconds of jump rope jacks
- 30 seconds of alternate foot jumps
- 30 seconds of rest

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black) + **2 Lb Fury rope (yellow)**
Complete 5 rounds of the following sequence of jump rope exercises:

- 30 seconds of basic jumps
- 30 seconds of jump rope jacks
- 30 seconds of alternate foot jumps
- 30 seconds of rest

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Active Rest
Estimated completion time: as much time as you need

Welcome to your very first **active rest day**! We will be incorporating rest days throughout the challenge so you can give your body some much-needed tender, love, and care.

There are two things we want you to do on your active rest days:

1. Go for a long and brisk 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.

When you get a chance (or right after your walk), take some extra 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.

Check out our series of stretches here (link to video).

YOUR NOTES

☐ 30-45 Minute walk complete

Stretches complete:

- ☐ 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:

Workout Protocol: Ladder
Estimated completion time: 8 – 12 minutes

Objective: set your timer to stopwatch mode and see how long it takes you to complete the given ladder of exercises. With a ladder, you will be alternating between two different exercises back and forth, but the repetitions for one of the exercises will climb each round.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete the following ladder of exercises for time:

- 2-4-6-8-10-12 squat thrusts
- 50 basic jumps between each round of squat thrusts

For reference, this breaks down like this:

- 2 squat thrusts, 50 basic jumps
- 4 squat thrusts, 50 basic jumps
- 6 squat thrusts, 50 basic jumps
- 8 squat thrusts, 50 basic jumps
- 10 squat thrusts, 50 basic jumps
- 12 squat thrusts, 50 basic jumps

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black)
Complete the following ladder of exercises for time:

- 2-4-6-8-10-12 burpees
- 20 double unders between each round of burpees

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout protocol: AMRAP (As Many Rounds as Possible)
Estimated completion time: 12 minutes

Objective: set your timer to 12 minutes and see how many full rounds of the given sequence of exercises you can complete. Take breaks as needed, but the timer keeps going until the time is up. Make sure you focus on good quality reps for each exercise.

Each round alternate between using a light jump rope and a heavy jump rope

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue) + 1 Lb Intensity rope (orange)
Complete as many full rounds of the following sequence in 12 minutes:

- 50 basic jumps
- 40 alternate foot steps
- 30 jump rope jacks
- 20 mountain climbers
- 10 bodyweight squats

Rest as needed. Timer keeps going for full 12 minutes.

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black) + 1/2 Lb Energy rope (blue)
Complete as many rounds of the following sequence in 12 minutes:

- 60 basic jumps
- 50 alternate foot steps
- 40 jump rope jacks
- 30 mountain climbers
- 20 bodyweight squats
- 10 double unders

Rest as needed. Timer keeps going for full 12 minutes.

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Every Minute on the Minute (EMOM)
Estimated completion time: 15 minutes

Objective: set your timer to beep every 60 seconds. Your goal is to complete all of the given rounds outlined below. Remember that each round is 60 seconds. When you are done your given reps for the minute, what remains of the minute is your rest period. Try to follow along with the different jump rope skills shown below.

Review Day 2 if you need a reminder of how EMOM works.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black)

Minutes	Reps/Exercise
1-5:	60 alternate foot jumps
5-7:	50 basic jumps
8-11:	50 alternate foot jumps
12-15:	40 basic jumps

ADVANCED VERSION

Recommended rope: 1/2 Lb Energy rope (blue)

Minutes	Reps/Exercise
1-5:	80 alternate foot jumps
5-7:	70 basic jumps
8-11:	70 alternate foot jumps
12-15:	60 basic jumps

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Tabata
Estimated completion time: 20 minutes

Objective: set your timer to Tabata mode and complete the given Tabatas below.

If you've never done a Tabata before, it's a simple workout protocol where you alternate between 20 seconds of high intensity work and 10 seconds of rest for 8 consecutive rounds. One Tabata = 4 minutes.

In today's workout, you're going to complete four different Tabatas, resting 60 seconds between each.

BEGINNER VERSION

Recommended rope: <u>1/4 Lb Agility rope (black)</u> + <u>1 Lb Intensity rope (orange)</u>

- **Tabata 1:** basic jumps (light rope)
- Rest 60 seconds
- **Tabata 2:** mountain climbers
- Rest 60 seconds
- **Tabata 3:** basic jumps (heavy rope)
- Rest 60 seconds
- **Tabata 4:** bodyweight squats

ADVANCED VERSION

Recommended rope: <u>1/2 Lb Energy rope (blue)</u> + <u>2 Lb Fury rope (yellow)</u>

- **Tabata 1:** alternate foot jumps (light rope)
- Rest 60 seconds
- **Tabata 2:** cross elbow-to-knee mountain climbers
- Rest 60 seconds
- **Tabata 3:** alternate foot jumps (heavy rope)
- Rest 60 seconds
- **Tabata 4:** squat jumps

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Active Rest
Estimated completion time: as much time as you need

Welcome to another **active rest day**! You deserve this one after another four grueling workouts.

There are two things we want you to do on your active rest days:

1. Go for a long and brisk 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.

When you get a chance (or right after your walk), take some extra 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.

[Check out our series of stretches here (link to video).](#)

YOUR NOTES

☐ 30-45 Minute walk complete

Stretches complete:

- ☐ 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:

Workout Protocol: Jump Rope Timed Circuit
Estimated completion time: 10-12 minutes

Objective: set your timer to beep every 30 seconds and complete the given number of rounds of the given sequence of jump rope exercises. Complete the first two rounds with a lighter jump rope and the remaining rounds with a heavier jump rope.

Use this workout as an opportunity to work on your jump rope skills and technique.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black) + **1/2 Lb Energy rope (blue)**
Complete 5 rounds of the following sequence of jump rope exercises:

- 30 seconds of basic jumps
- 30 seconds of scissor jumps
- 30 seconds of jump rope jacks
- 30 seconds of rest

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black) + **1 Lb Intensity rope (orange)**
Complete 5 rounds of the following sequence of jump rope exercises:

- 30 seconds of basic jumps
- 30 seconds of scissor jumps
- 30 seconds of jump rope jacks
- 30 seconds of rest

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Ladder
Estimated completion time: 8 – 12 minutes

Objective: set your timer to stopwatch mode and see how long it takes you to complete the given ladder of exercises. With a ladder, you will be alternating between two different exercises back and forth, but the repetitions for one of the exercises will climb each round.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete the following ladder of exercises for time:

- 2-4-6-8-10-12 mobility walk-outs
- 50 alternate foot jumps between each round

For reference, this breaks down like this:

- 2 mobility walk-outs, 50 alternate foot jumps
- 4 mobility walk-outs, 50 alternate foot jumps
- 6 mobility walk-outs, 50 alternate foot jumps
- 8 mobility walk-outs, 50 alternate foot jumps
- 10 mobility walk-outs, 50 alternate foot jumps
- 12 mobility walk-outs, 50 alternate foot jumps

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black)
Complete the following ladder of exercises for time:

- 2-4-6-8-10-12 mobility walk-outs with push-up
- 25 double unders between each round

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout protocol: AMRAP (As Many Rounds as Possible)
Estimated completion time: 12 minutes

Objective: set your timer to 12 minutes and see how many full rounds of the given sequence of exercises you can complete. Take breaks as needed, but the timer keeps going until the time is up. Make sure you focus on good quality reps for each exercise and mark down total completed repetitions.

BEGINNER VERSION

Recommended rope: <u>**1/4 Lb Agility rope (black)**</u> + **1 Lb Intensity rope (orange)**

Complete as many full rounds of the following sequence in 12 minutes:

- 60 basic jumps (light rope)
- 50 alternate foot jumps (light rope)
- 40 basic jumps (heavy rope)
- 30 jump rope jacks (heavy rope)
- 20 mountain climbers each leg
- 10 push-ups

ADVANCED VERSION

Recommended rope: <u>**1/4 Lb Agility rope (black)**</u> + **1 Lb Intensity rope (orange)**

Complete as many rounds of the following sequence in 12 minutes:

- 70 basic jumps (light rope)
- 60 alternate foot jumps (heavy rope)
- 50 jump rope jacks (heavy rope)
- 40 double unders (light rope)
- 30 mountain climbers each leg
- 20 bodyweight squats
- 10 burpees

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Every Minute on the Minute (EMOM)
Estimated completion time: 10 - 20 minutes

Objective: set your timer to beep every 60 seconds. Your goal is to complete as many rounds as you can of the given number of repetitions of each exercise below. Remember that you have 60 seconds to complete the repetitions of each exercise. What remains of the minute is your rest period. Once you can no longer complete all the repetitions in a minute, the workout is done. Mark down how many rounds you completed.

Review Day 2 if you need a reminder of how EMOM works.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete as many rounds as you can of the following:

- 30 basic jumps
- 10 bodyweight squats

ADVANCED VERSION

Recommended rope: 1 Lb Intensity rope (orange)
Complete as many rounds as you can of the following:

- 50 alternate foot jumps
- 10 squat jumps

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Active Rest
Estimated completion time: as much time as you need

We're starting week 3 with a well-deserved **active rest day** ☺

As we've done earlier, there are two things we want you to do on your active rest days:

1. Go for a long and brisk 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.

When you get a chance (or right after your walk), take some extra 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.

Check out our series of stretches here (link to video).

YOUR NOTES

☐ 30-45 Minute walk complete

Stretches complete:

- ☐ 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:

Workout Protocol: Tabata
Estimated completion time: 20 minutes

Objective: set your timer to Tabata mode and complete the given Tabatas below.

If you've never done a Tabata before, it's a simple workout protocol where you alternate between 20 seconds of high intensity work and 10 seconds of rest for 8 consecutive rounds. One Tabata = 4 minutes.

In today's workout, you're going to complete four different Tabatas, resting 60 seconds between each.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue) + 1 Lb Intensity rope (orange)

- **Tabata 1:** jump rope jacks (lighter rope)
- Rest 60 seconds
- **Tabata 2:** push-ups (use beginner modification if needed)
- Rest 60 seconds
- **Tabata 3:** alternate foot jumps (heavier rope)
- Rest 60 seconds
- **Tabata 4:** squat thrusts

ADVANCED VERSION

Recommended rope: 1 Lb Intensity rope (orange) + 2 Lb Fury rope (yellow)

- **Tabata 1:** jump rope jacks (lighter rope)
- Rest 60 seconds
- **Tabata 2:** push-ups (regular or advanced modification)
- Rest 60 seconds
- **Tabata 3:** alternate foot jumps (heavier rope)
- Rest 60 seconds
- **Tabata 4:** burpees

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Jump Rope Timed Circuit
Estimated completion time: 12-15 minutes

Objective: set your timer to beep every 30 seconds and complete the given number of rounds of the given sequence of exercises. Complete the **first round with a lighter jump rope** and the remaining rounds with a heavier jump rope. Use this workout as an opportunity to work on your jump rope skills and technique.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black) + **1/2 Lb Energy rope (blue)**
Complete 5 rounds of the following sequence of jump rope exercises:

- 30 seconds of basic jumps
- 30 seconds of alternate foot jumps
- 30 seconds of boxer step jumps
- 30 seconds of alternate foot jumps
- **60** seconds of rest

ADVANCED VERSION

Recommended rope: 1/2 Lb Energy rope (blue) + **1 Lb Intensity rope (orange)**
Complete 5 rounds of the following sequence of jump rope exercises:

- 30 seconds of basic jumps
- 30 seconds of alternate foot jumps
- 30 seconds of boxer step jumps
- 30 seconds of alternate foot jumps
- **30** seconds of rest

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Ladder
Estimated completion time: 10-15 minutes

Objective: set your timer to stopwatch mode and see how long it takes you to complete the given ladder of exercises. With a ladder, you will be alternating between two different exercises back and forth, but the repetitions for one of the exercises will climb each round.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete the following ladder of exercises for time:

- 2-4-6-8-10-12 squat thrusts
- 50 scissor jumps between each round

For reference, this breaks down like this:

- 2 squat thrusts, 50 scissor jumps
- 4 squat thrusts, 50 scissor jumps
- 6 squat thrusts, 50 scissor jumps
- 8 squat thrusts, 50 scissor jumps
- 10 squat thrusts, 50 scissor jumps
- 12 squat thrusts, 50 scissor jumps

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black)
Complete the following ladder of exercises for time:

- 2-4-6-8-10-12 squat thrusts with push-up
- 30 double unders between each round

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout protocol: Reps for Time
Estimated completion time: 10-20 minutes

Objective: set your timer to stopwatch mode and see how long it takes you to complete the given sequence of exercises below. Take as many breaks as you need, but the timer keeps going until all reps are done (or until you can't go anymore). Focus on good quality reps and mark down your time for completion.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black) OR **1/2 Lb Energy rope (blue)**

Complete as many full rounds of the following sequence in 12 minutes:

- 400 basic jumps
- 300 alternate foot jumps
- 200 basic jumps
- 100 jump rope jacks
- 50 mountain climbers each leg

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black)

Complete as many rounds of the following sequence in 12 minutes:

- 500 basic jumps
- 400 alternate foot jumps
- 300 boxer step jumps
- 200 jump rope jacks
- 100 mountain climbers each leg
- 50 double unders

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Active Rest
Estimated completion time: as much time as you need

We're nearly 3 weeks into the 30 day challenge, so you've earned yourself another **active rest day**! As we've done before, there are two things we want you to do on your active rest days:

1. Go for a long and brisk 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.

When you get a chance (or right after your walk), take some extra 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.

Check out our series of stretches here (link to video).

YOUR NOTES

☐ 30-45 Minute walk complete

Stretches complete:

- ☐ 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:

Workout Protocol: Every Minute on the Minute (EMOM)
Estimated completion time: 10 - 20 minutes

Objective: set your timer to beep every 60 seconds. Your goal is to complete as many rounds as you can of the given number of repetitions of each exercise below. Remember that you have 60 seconds to complete the repetitions of each exercise. What remains of the minute is your rest period. Once you can no longer complete all the repetitions in a minute, the workout is done. Mark down how many rounds you completed.

Review Day 2 if you need a reminder of how EMOM works.

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)
Complete as many rounds as you can of the following:

- 30 alternate foot jumps
- 2 squat thrusts

ADVANCED VERSION

Recommended rope: 1 Lb Intensity rope (orange)
Complete as many rounds as you can of the following:

- 50 alternate foot jumps
- 3 burpees

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Tabata
Estimated completion time: 15-20 minutes

Objective: set your timer to Tabata mode and complete the given combo Tabatas below.

If you've never done a **combo** Tabata before, it's a simple variation of your typical Tabata protocol but now you alternate between the two provided exercises during each 20 sec burst. So for each combo Tabata, you will do four 20 second rounds of each given exercise for your total of 8 rounds.

Remember that one complete Tabata = 4 minutes (8 rounds).

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)

- **Combo Tabata 1:** basic jumps + mountain climbers
- Rest 60 seconds
- **Combo Tabata 2:** jump rope jacks + bodyweight squats
- Rest 60 seconds
- **Combo Tabata 3:** alternate foot jumps + extended planks

ADVANCED VERSION

Recommended rope: 1 Lb Intensity rope (orange)

- *Same as beginner version, only add to end:*
- Rest 60 seconds
- **Combo Tabata 4:** scissor jumps + squat holds

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Jump Rope Timed Circuit
Estimated completion time: 10-12 minutes

Objective: set your timer to beep every 30 seconds and complete the given number of rounds of the given sequence of exercises. Complete the **first round with a lighter jump rope** and the remaining rounds with a heavier jump rope. Use this workout as an opportunity to work on your jump rope skills and technique.

BEGINNER VERSION

Recommended rope: <u>**1/4 Lb Agility rope (black)**</u> + **1/2 Lb Energy rope (blue)**
Complete **5 rounds** of the following sequence of jump rope exercises:

- 30 seconds of basic jumps (slow pace)
- 30 seconds of jump rope jacks (medium pace)
- 30 seconds of alternate foot jumps (fast pace)
- **30** seconds of rest

ADVANCED VERSION

Recommended rope: **1/2 Lb Energy rope (blue)** + **1 Lb Intensity rope (orange)**
Complete **6 rounds** of the following sequence of jump rope exercises:

- 30 seconds of basic jumps (slow pace)
- 30 seconds of jump rope jacks (medium pace)
- 30 seconds of alternate foot jumps (fast pace)
- **30** seconds of rest

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Ladder
Estimated completion time: 10-15 minutes

Objective: set your timer to stopwatch mode and see how long it takes you to complete the given ladder of exercises. With a ladder, you will be alternating between two different exercises back and forth, but the repetitions for one of the exercises will climb each round. Take your time with this one!

BEGINNER VERSION

Recommended rope: 1 Lb Intensity rope (orange)
Complete the following ladder of exercises for time:

- 1-2-3-4-5-6-7-8-9-10 push-ups (beginner variation)
- 40 jump rope jacks

For reference, this breaks down like this:

- 1 push-up, 40 jump rope jacks
- 2 push-ups, 40 jump rope jacks
- 3 push-ups, 40 jump rope jacks
- 4 push-ups, 40 jump rope jacks
- 5 push-ups, 40 jump rope jacks
- 6 push-ups, 40 jump rope jacks
- ….
- 11 push-ups, 40 jump rope jacks
- 12 push-ups, 40 jump rope jacks

ADVANCED VERSION

Recommended rope: 2 Lb Fury rope (yellow)
Complete the following ladder of exercises for time:

- 1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1push-ups (regular or advanced variation)
- 50 alternate foot jumps (max effort)

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Active Rest
Estimated completion time: as much time as you need

We've got two final days of **active rest day** before we jump into our final stretch of workouts.

Please do the following today:

1. Go for a long and brisk 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.

When you get a chance (or right after your walk), take some extra 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.

Check out our series of stretches here (link to video).

YOUR NOTES

☐ 30-45 Minute walk complete

Stretches complete:

- ☐ 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:

Workout Protocol: Active Rest
Estimated completion time: as much time as you need

This is it. Your final day of active rest. Make sure to use it wisely because we've got four really challenging workouts coming up for the final stretch.

Here's what you can do today:

1. Go for a long and brisk 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.

When you get a chance (or right after your walk), take some extra 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.

Check out our series of stretches here (link to video).

YOUR NOTES

☐ 30-45 Minute walk complete

Stretches complete:

- ☐ 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:

Workout protocol: Reps for Time
Estimated completion time: 10-20 minutes

Objective: set your timer to stopwatch mode and see how long it takes you to complete the given sequence of exercises below. Take as many breaks as you need, but the timer keeps going until all reps are done (or until you can't go anymore). Focus on good quality reps and mark down your time for completion.

BEGINNER VERSION

Recommended rope: **1/4 Lb Agility rope (black)** OR **1/2 Lb Energy rope (blue)**
Complete as many full rounds of the following sequence in 12 minutes:

- 500 boxer step jumps
- 400 alternate foot jumps
- 300 basic jumps
- 200 jump rope jacks
- 100 jump rope combo skills (any skill you want)
- 50 mountain climbers each leg

ADVANCED VERSION

Recommended rope: **1/2 Lb Energy rope (blue)**
Complete as many rounds of the following sequence in 12 minutes:

- 600 boxer step jumps
- 500 alternate foot jumps
- 400 jump rope combo skills (any skill you want)
- 300 basic jumps
- 200 jump rope jacks
- 100 mountain climbers each leg
- 50 double unders

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Every Minute on the Minute (EMOM)
Estimated completion time: 10 - 20 minutes

Objective: set your timer to beep every 60 seconds. Your goal is to complete as many rounds as you can of the given number of repetitions of each exercise below. Remember that you have 60 seconds to complete the repetitions of each exercise. What remains of the minute is your rest period. Once you can no longer complete all the repetitions in a minute, the workout is done. Mark down how many rounds you completed.

Be warned: these will burn the legs!

BEGINNER VERSION

Recommended rope: 1 Lb Intensity rope (orange)
Complete as many rounds as you can of the following:

- 40 alternate foot jumps
- 5 bodyweight squats

ADVANCED VERSION

Recommended rope: 1/4 Lb Agility rope (black)
Complete as many rounds as you can of the following:

- 30 alternate foot jumps
- 15 double unders
- 5 squat jumps

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Tabata
Estimated completion time: 20 minutes

Objective: set your timer to Tabata mode and complete the combo Tabatas below.

If you've never done a **combo** Tabata before, it's a simple variation of your typical Tabata protocol but now you alternate between the two provided exercises during each 20 sec burst. So for each combo Tabata, you will do four 20 second rounds of each given exercise for your total of 8 rounds.

Remember that one complete Tabata = 4 minutes (8 rounds).

BEGINNER VERSION

Recommended rope: 1/2 Lb Energy rope (blue)

- **Combo Tabata 1:** jump rope jacks + squat thrusts
- Rest 60 seconds
- **Combo Tabata 2:** scissor jumps + squat holds
- Rest 60 seconds
- **Combo Tabata 3:** alternate foot jumps + extended planks

ADVANCED VERSION

Recommended rope: 1 Lb Intensity rope (orange)

- **Combo Tabata 1:** jump rope jacks + squat thrusts OR burpees (choose one)
- Rest 60 seconds
- **Combo Tabata 2:** scissor jumps + squat holds
- Rest 60 seconds
- **Combo Tabata 3:** alternate foot jumps + plank up and down
- Rest 60 seconds
- **Combo Tabata 4:** basic jumps + alternate foot jumps

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes:

Workout Protocol: Jump Rope Timed Circuit
Estimated completion time: 12-15 minutes

Objective: set your timer to stopwatch mode and complete one round of the provided sequence of exercises below as fast as you can. Take breaks as needed, but timer keeps going.

BEGINNER VERSION

Recommended rope: 1/4 Lb Agility rope (black) OR **1/2 Lb Energy rope (blue)**

- 200 basic jumps
- 150 alternate foot jumps
- 100 jump rope jacks
- 75 basic jumps
- 50 mountain climbers each leg
- 40 bodyweight squats
- 25 push-ups
- 10 squat thrusts

ADVANCED VERSION

Recommended rope: 1/2 Lb Energy rope (blue) OR **1 Lb Intensity rope (orange)**

- 250 basic jumps
- 200 alternate foot jumps
- 150 jump rope jacks
- 100 basic jumps
- 75 mountain climbers each leg
- 50 double unders
- 40 bodyweight squats
- 30 push-ups
- 20 squat jumps
- 10 burpees

YOUR NOTES

☐ Beginner ☐ Advanced

Workout Result: _____

Other Notes: