

— 3-DAY — SKIPPING WORKOUT



WARM-UP (30 secs each, 4 mins altogether)

1. Jogging
2. Gentle double leg skipping
3. Jumping jacks
4. Gentle alternate leg skipping
5. Butt kicks
6. Squat & knee raise
7. High knees
8. Front plank hold

An effective warm-up and cool down should play a vital role in any type of exercise session. A warm-up prepares the body physically and mentally for more strenuous activity and reduces the likelihood of injury. A cool down helps return the body to a pre-exercise state and promotes recovery, which helps you prepare for your next workout.



Raise Heart Rate

Increases blood flow to the heart and the working muscles.



Raise Body Temperature

Activates sweating, which prevents overheating and increases muscle elasticity.



Boost Range of Motion

Increases the range of motion of the joints, which reduces the risk of injuries.

Blue - Beginner
Green - Medium
Orange - Expert

SKIPPING WORKOUT

Complete these workouts once a week each for 4 weeks. You can choose which days you do them, but try and take a rest day inbetween workouts!

DAY 1

Double leg skipping

Jump up and pass rope under feet, over head then repeat

2 mins 2 mins 30 secs 3 mins

Front plank

Lie on your front, then lift up supporting your weight on your shoulders & forearms, keeping your body flat

30 secs 45 secs 60 secs

Single leg skipping (each side)

Hop on one foot, passing the rope under then overhead

30 secs 45 secs 60 secs

Squat jumps

Squat down so your knees are bent at 90°, then swing your arms & jump up, landing gently back into a squat

10 15 20

Fast alternate skipping

Skip from foot to foot, passing rope under then overhead

30 secs 45 secs 60 secs

DAY 2

Double skipping unders

Jump up & pass rope under feet twice per jump

30 secs 45 secs 60 secs

Burpees

Begin standing, place your hands on the floor & kick your legs back, then jump up to standing from a push up position & bring your hands overhead

10 15 20

Double high knee skipping

Jump up & bring knees to chest, pass rope under feet, over head, then repeat

30 secs 1 min 1 min 30 secs

Push-ups

Lie on your front & keeping your body straight, raise it off the floor by extending your arms, lower your body, repeat

10 15 20

Alternate single leg hop skips

Hop from one foot to the other, passing rope under feet, then over head

30 secs 45 secs 60 secs

DAY 3

Reverse double skipping

Jump up & pass rope under your feet in an anti-clockwise direction, then repeat

30 secs 45 secs 60 secs

Spider push-ups (each side)

Start in a push-up position, lower down and bring your knee to your elbow, then return to the start position

10 15 20

Single leg skipping (each side)

Hop on one foot, passing the rope under then overhead

30 secs 45 secs 60 secs

Power lunges

Take a side stance forward, then slowly lower your back knee towards the floor, come back up then repeat

10 15 20

Double leg skipping

Jump up and pass rope under feet, over head then repeat

1 min 1 min 30 secs 2 mins



COOL DOWN (30 secs each stretch)

1. Gentle skipping
2. Standing quad stretch
3. Shoulder stretch, arm in front
4. Standing hamstring stretch
6. Runners lunge
7. Standing side bend