

ASAP Workouts

Speed Week #4 - Jump Rope Variations

Main Circuit - done up to 3 times

First Round: 10 seconds work, 50 seconds rest

Basic Jump

Side to Side Jumps

Scissor Jumps

Jog in Place Jumps

Zig Zag Line Hops (Rope on ground)

Zig Zag Up & Down Hops (Rope on ground)

Zig Zag Line Shuffles (Rope on ground)

Take 3 minutes rest after the first round

Second round:

Do all exercises with 15 seconds work, 45 seconds rest

Take 3 minutes rest after the second round

Third round:

Do all exercises for 20 seconds work, 40 seconds rest

If you get stopped by the rope, keep working on it for the time allotted.

If jump roping is too difficult at first, try doing the types of jumps without the rope and doing them in place.

The rope is still handy for doing the drills with the rope on the ground for the Zig Zag drills.