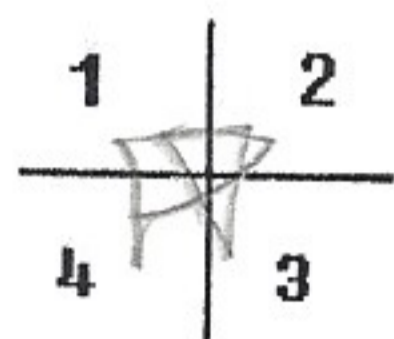


Jump Rope Program

Instructions

1. Lay out a four square pattern on a suitable surface - stay away from cement

Squares are numbered as follows



Set up a rope on the lines at a comfortable height - 3 - 12"

Emphasize hop with every jump - do not reset yourself

1. Side to side - (square 4 to square 3)
2. Up and back - (square 4 to square 1)
3. Boxer jumps - (one foot in 4 and one in 3) 2 jumps on right foot - two jumps on left
4. One foot jump up and back (4-1) switch feet 1/2 way through
5. Side to side one foot (4 to 3) switch feet 1/2 way through
6. Triangle - one foot (1-3-2) and (4-2-1)
7. Four square (1-2-3-4) both feet