



Hop To It - Jumping Rope

Type of Exercise: Jumping Rope	Level: Moderate to Hard	Equipment Needed: Good Shoes and a Jump Rope
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The Rate of Perceived Exertion (RPE) scale can be used to estimate various heart rate workout zones. Of course an actual heart rate monitor is better, and we encourage you to invest in one. The RPE scale goes from 1 to 10. A rate of 1 is sitting down, not moving. A rate of 10 is working so hard you pass out (obviously, we're not going there!). The zones our workouts use the most include 3 to 4, which is pretty easy, you could talk in full sentences and even sing if need be. At level 5-6 singing is out, but you can still speak in full sentences. At level 7, it's hard to talk in full sentences, but breathing occurs without gasping. At level 8, one word answers are possible, but this is really working hard. Level 9 is extremely hard exercise that could only be sustained for short periods.

Jumping rope is a fun way to cross train. It requires little equipment and space and you'll be amazed at how fast the heart rate will go up. To find the right length for your jump rope, stand on the rope with a handle in each hand. The handles should reach to your chest. Ropes come weighted or not and with all different kinds of handles. Padded handles are nice if you get sweaty, but any rope will do!

Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if Completed ✓
1 st Session	<p>Try this warm up routine. Simply hold the rope in one hand and start marching in place. Swing the rope in a figure 8 in front of you skimming the ground as it goes around each corner (twice), after one minute switch hands. The heart rate won't move too much, but we need to get the blood pumping and the muscles warm. Put on some music and get ready to start hopping!</p> <p>Start a double footed jump, skipping over the rope as it passes under foot. Jump just high enough to let the rope pass under your shoes. This is an impact exercise, but it's great for the bones. Land lightly off the balls of your feet. One minute seems like a long time when you start. Hang in there! Shoot for Exertion Level 4 to 5.</p> <p>Go back to a march and catch your breath. Swing the rope in one hand, in figure eights or circles.</p> <p>One minute with two feet together, then a minute of one footed jumping, alternating feet. Jumping rope is also great for coordination and building muscle. You'll start to feel the ones that work the hardest! Don't over</p>	<p>Minute 1-5</p> <p>Minute 5-6</p> <p>Minute 6-8</p> <p>Minute 8-10</p>	

	<p>do it the first day, but keep hopping for 20 minutes. Alternate with a march when you need to. Shoot for Exertion Level 7 to 8.</p> <p>Recover by marching and swinging the rope.</p> <p>Three minutes this time. Vary your skip by touching your heels to the front, or your toes to the back every alternate foot. Double feet variations could be side to side, front to back or criss-cross. Shoot for Exertion Level 7</p> <p>Two minutes of marching to bring the heart rate back down. Shoot for Exertion Level 4-5</p> <p>Three minutes of variations. Single and double feet alternating styles. Keep the torso erect and the gaze forward. Pull your belly in toward your spine and think of being light. Imagine a boxer moving in the ring. Boxers use jump rope as part of their training. It keeps them light on their feet. Exertion Level 7 is our objective.</p> <p>Cool things down and drop the heart rate. March in place or step side to side. Put the rope down and let your arms move naturally. After five minutes try stretching your legs and shoulders/arms. Surprising how we forget to do the things we did as a kid isn't it? too!</p>	<p>Minute 10-12</p> <p>Minute 12-15</p> <p>Minute 16-18</p> <p>Minute 19-21</p> <p>Minute 22-27</p>	
2 nd Session	<p>Are you surprised at the places that were sore from the first jump rope session? Now you know where those muscles are, we're going to use them again in the 2nd session workout. Our three week goal is to be able to keep jumping for 10 minutes straight, which is a lot! Building a cardiovascular base is one of the benefits of hopping to it. Here we go!</p> <p>Warm up 5 minutes marching and swinging. Then alternate one minute jumping two minutes marching. Alternate your jumping styles to keep things interesting. Keep up the one minute on, two minutes off for a total of 6 rounds. The march it out for 5, cool down and stretch.</p>	30 Minutes Total	
3 rd Session	<p>We want to slowly building up the time of jumping. Today we're going to reverse day 2 and do two minutes on, and one minute off for a total of 6 rounds. Don't let your heart rate get too high. Your breathing should be hard but not gasping. We want to stay aerobic as we</p>	30 Minutes Total	

	work up to 10 minutes jumping time. When you get there, you can start working on speed and use anaerobic pathways to increase your fitness.		
4 th Session (Second Week)	Let's mix it up and jump backwards today. It may feel awkward at first, but your arms will thank you. Keep your arms at your sides and twirl the rope from the wrist movement. Alternate forward and backward as you switch off every two minutes. Then march for one minute. Repeat for your 15 minutes of jumping then cool down and stretch.	30 Minutes Total	
5 th Session	Let's hop – literally, on one foot today. We'll work on 5 hops on one leg, the 5 on the other. It will stress the calf muscles and change things up. Don't overdo it and end up really sore. If you can only do two together at first, that's OK. Start with your marching warm up then begin. See if you can keep that up for 5 minutes. Return to normal one footed or alternating feet jump for one minute to rest. You should be able to keep jumping and slow the heart rate if you slow the speed of the rope. You could even double jump for each rope rotation. Then arch for one minute and repeat the cycle. Remember you're light and speedy – think twinkle toes.	30 Minutes Total	
6 th Session	Today is a mish mash of what we've done so far. Warm up with the marching and/or side stepping. After warming up: Hop to it now, start double feet 30 seconds, Alternating feet -30 seconds Backwards rope jumping – 30 seconds Alternating double jump – 30 seconds (two hops one leg) Double feet side to side – 30 seconds Heel taps front alternating feet – 30 seconds March - one minute Repeat order above (3 minutes) March and recover for two minutes One more round (3 minutes) March and recover for two minutes Now for two minutes pick up your speed with your most comfortable jumping style. Bring the heart rate up (Exertion Level 7 or 8) and hold it steady, slow your jumping to hold it steady. Keep up the good work, you're almost done! Recover with the march and side stepping, but keep moving while the heart rate comes down and the muscles recover. Don't forget to stretch.	30 Minutes Total	
7 th Session	Today we are going to use speed as the means to raise	30 Minutes	

(Third Week)	<p>and lower the heart rate. Alternate jumping styles at random but keep moving. The goal is 5 minutes of steady jumping after your warm up. Take the heart rate up to a Exertion Level 7 and hold it steady for 3 minutes. For the next two minutes pick up the pace and raise the heart rate to a Exertion Level 8. This will be really hard to hold, but give it your best shot and hold as long as you can. Your body will naturally start to fizzle when you've run out of available energy. Then recover by jumping more slowly for three minutes. Three rounds and you'll be the winner. Stay light on your feet and relax your shoulders – no hunching. Stretch Out.</p>	Total	
8 th Session	<p>Jumping should be easier now that you've got the hang of it. Are you ready for something new? Remember when you were a kid on the play ground at school. Jumping rope was cool back then. Do you remember any of your old moves? How about criss-cross with the arms. Do you remember how to do doubles? Two turns of the rope to one jump. That's the challenge for today. You'll work up a sweat believe me. Keep trying till you can do something new for two minutes. If that's all you've got, then go back to regular jumping and hold for 5 consecutive minutes. Recover, then do another 5. Pay attention to your posture and abs – think skinny and light! Stretch Out.</p>	30 Minutes Total	
9 th Session	<p>Let's push the envelope today. After warming up, try to go as long as you can without going over your lactate threshold or anaerobic threshold. That means you can't be panting or gasping for air. Take it slow and keep the heart rate at a Exertion Level 6-7. Once you've mastered the jumping skill and can stay light on your feet, it's all endurance. You can vary the speed and difficulty but jumping is more for training endurance. It's a great way to build up your cardio base.</p>	30 Minutes Total	