

# JUMP ROPE WORKOUTS

## LIVING AMPED

**3x:**

10 Push Ups  
50 Double Unders

Time: \_\_\_\_\_

**3x:**

1min Double Unders  
1min Squats  
1min Push Ups  
1min Plank  
1min Rest

# of total reps: \_\_\_\_\_

**30-20-10-20-30**

Double Unders  
Squats

Time: \_\_\_\_\_

**3x:**

20sec Single L Leg Hops  
20s Single R Leg Hops  
1min Double Unders  
1min REST

# of DUs: \_\_\_\_\_

**"Annie"**

50-40-30-20-10  
Double Unders  
Sit Ups

Time: \_\_\_\_\_

**AMRAP 12mins**

50 Double Unders  
400m Run

# of rounds: \_\_\_\_\_

**25-15-10-5**

Double Unders  
Plank Shoulder Taps

Time: \_\_\_\_\_

**10min AMRAP**

5 Burpees  
10 Push ups  
15 Squats  
30 DUs

# of rounds: \_\_\_\_\_

**5x:**

200m Run  
5 Sprawls  
10 Squats  
15 Double Unders

Time: \_\_\_\_\_

*Modification if still learning double unders...triple the number and do single unders!*