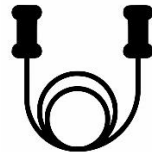


# JUMP ROPE CHALLENGE

Advanced - if you have trouble reaching the higher numbers, then count X5 or 10

Jump	Count	5	10	15	20	25	30	35	40	45	50	60	70	80	90	100
<b>On the video link, start watching ADVANCED at the time of 7:34.</b>																
Wounded Duck	X 1s, 5s or 10s															
Single/Double Bounce	X 1s, 5s or 10s															
Heel to Heel	X 1s, 5s or 10s															
Toe to Toe	X 1s, 5s or 10s															
180 & 360	X 1s, 5s or 10s															
Side Cross Swing	X 1s, 5s or 10s															
Cowboy	X 1s, 5s or 10s															
Double Under	X 1s, 5s or 10s															
Elevator	X 1s, 5s or 10s															
Single/Double Bounce *Can be found at 1:32 (traditional skipping)																



Get your feet jumpin' and your heart pumpin'!

