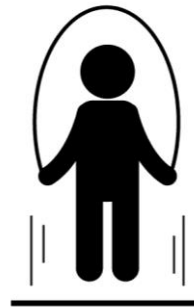
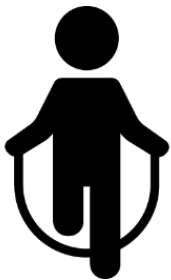


JUMP ROPE CHALLENGE

Intermediate - 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
Begin watching the video at 3:57 to learn the following.													
Skip	X 1s, 5s or 10s												
Single Bounce	X 1s, 5s or 10s												
Double Bounce	X 1s, 5s or 10s												
Front Straddle	X 1s, 5s or 10s												
Side Straddle	X 1s, 5s or 10s												
Straddle Cross	X 1s, 5s or 10s												
Side Swing	X 1s, 5s or 10s												
Double Side Swing	X 1s, 5s or 10s												
Criss Cross	X 1s, 5s or 10s												



Get your feet jumpin' and your heart pumpin'!