

# 12-Minute Jump Rope Workout

Exercise	Time
<b>Jump Rope Sequence 1</b>	
Single Hops	1 min
Running Skips	1 min
Wide-Narrow Pop Squats	1 min
<b>Jump Rope Sequence 2</b>	
Side-to-Side Hops	1 min
High Knee Skips	1 min
Jack Hops	1 min
Spiderman Pushup + 1 Burpee	1 min
<b>Jump Rope Sequence 3</b>	
Forward-Back Hops	1 min
Single Leg Hops	30 sec each leg
Wide-Narrow Running Skips	1 min
Single Hops (try adding in some Double-Unders too!)	1 min
Alt Lunge w/ Lateral Shoulder Raises	1 min
<b>10 Minute Abs</b>	
<b>Time</b>	
Punch Abs--1/2 Sit-up with a fist punch to each side	50 sec/10 sec rest
V-Sit w/ Knee-Ins	50 sec/10 sec rest
Heels to Heaven	50 sec/10 sec rest
<b>Repeat 2 More Times</b>	
Plank Rockers	1 min