

CARDIO

HEEL-TOE



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead.

Hop with one foot and allow rope to pass underneath opposite foot while lifting toes of heel off floor in a continuous alternating touch-hop-lift foot pattern.

CRISS-CROSS



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead.

Hop with two feet and allow rope to pass underneath feet while crossing arms in a continuous touch-hop-cross pattern.

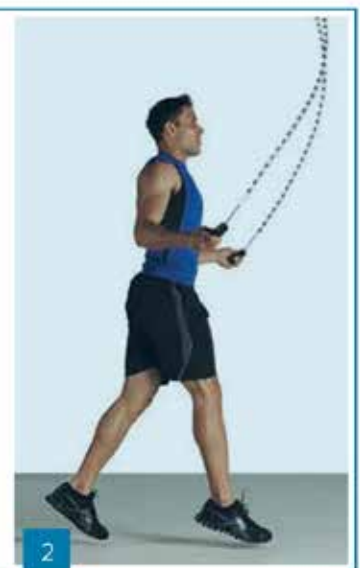
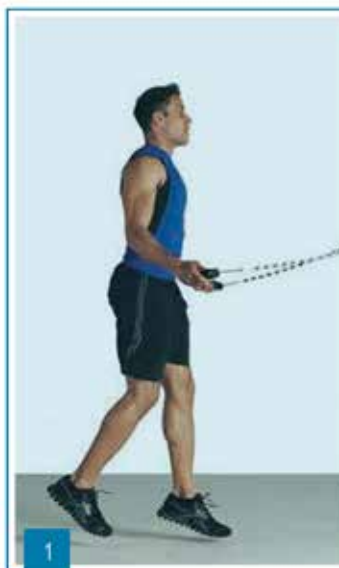
DOUBLE HIGH-KNEE



Stand with feet hip-width apart and grasp handles with rope loop on floor behind heels. Bend arms, rotate wrists and forearms and swing rope overhead.

Hop with two feet while bending legs and lifting knees allowing rope to pass underneath feet in a continuous touch-hop-lift foot pattern.

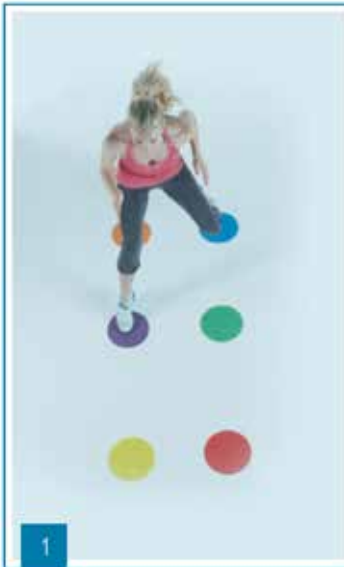
SCISSORS



Perform repeat alternating straight leg forward/backward shuffle.

Have jump rope with feet hip-width apart while landing on balls of feet.

DOUBLE LINE



1 Stand with one foot on each dot at end of line and begin running in place on balls of feet. Hop forward and land in an alternating foot pattern on dots in front while continuing to run in place on balls of feet.

2 Repeat and hop forward onto the last set of dots while continuing to run in place. Turn around at end of line and repeat in opposite direction

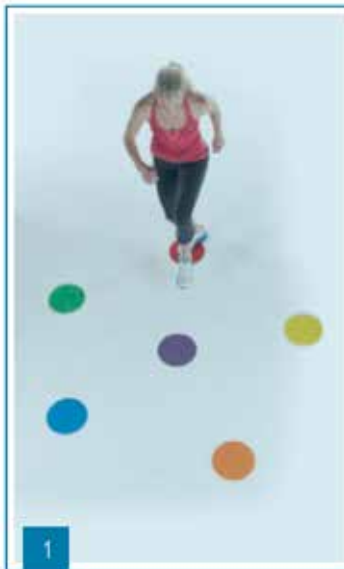
DIAGONAL



1 Stand on one foot on dot at end of line and balance, hop forward diagonally, switch legs and land softly on ball of foot while crossing opposite leg behind body.

2 Immediately hop forward diagonally in opposite direction alternating feet from dot to dot in a continuous manner. Turn around at end and repeat in opposite direction.

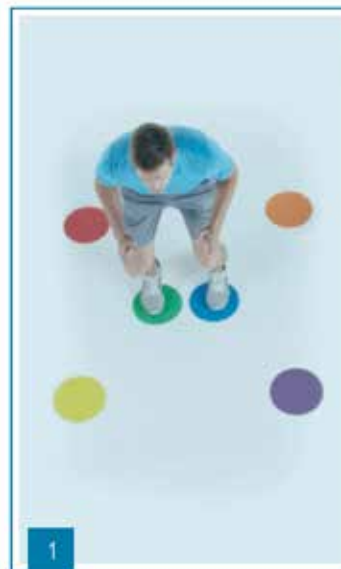
CIRCLE



1 Stand on one foot on outer circle dot and balance, hop inward toward dot in middle of circle, land softly on ball of opposite foot and balance. Then hop outward toward another outer circle, land softly on ball of opposite foot and balance.

2 Continue alternate foot continuous hopping pattern from outer circle dot to middle circle dot until you have hopped onto all outer circle dots. Switch lead leg and repeat.

SQUARE

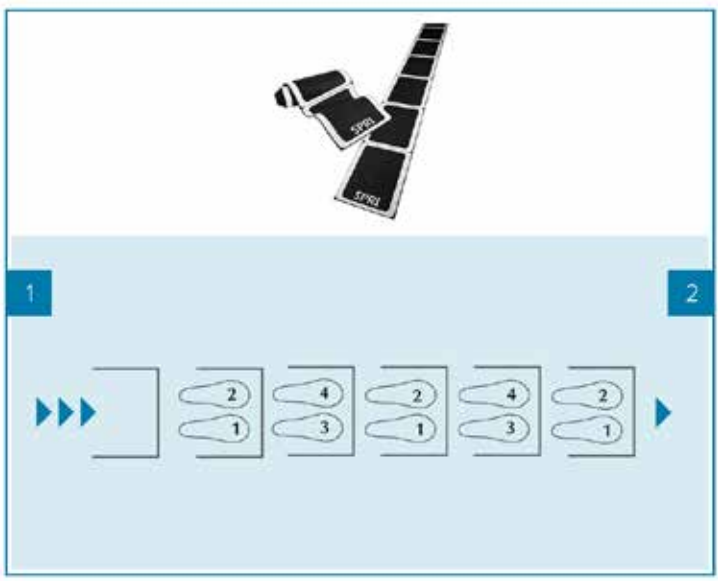
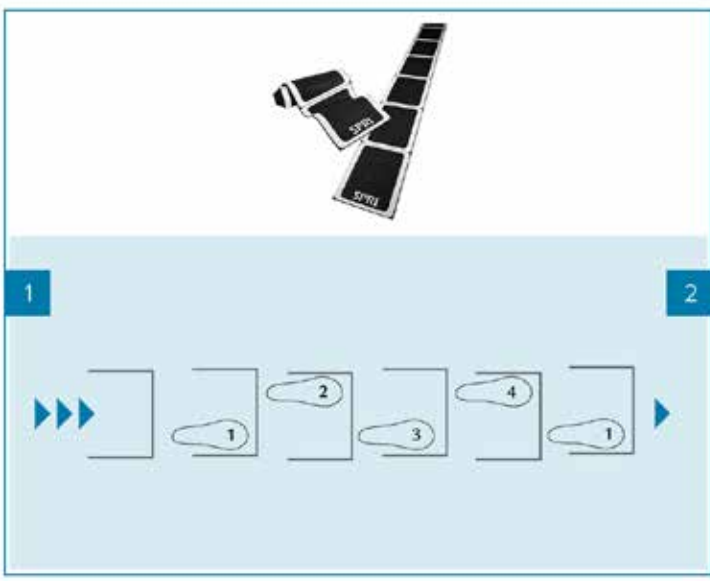


1 Stand with one foot on each middle dot, hop forward diagonally onto corner dot and land softly on balls of feet. Hop backward onto middle dots.

2 Then immediately hop backward diagonally onto corner dot and land softly on balls of feet. Continue forward/backward two-leg continuous diagonal hopping pattern from middle dots to alternate corner dot.

FORWARD HOP

FOWARD RUN SHORT STRIDE



Stand at beginning of ladder line with feet hip-width apart. Hop forward in the ladder. Stay on balls of feet with slight forward torso lean and complementary two arm up-and-down arm swing/knee lift pattern.

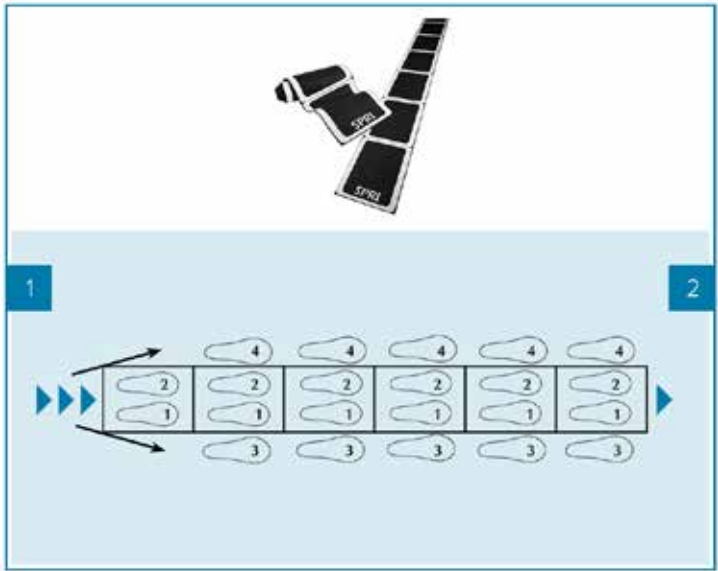
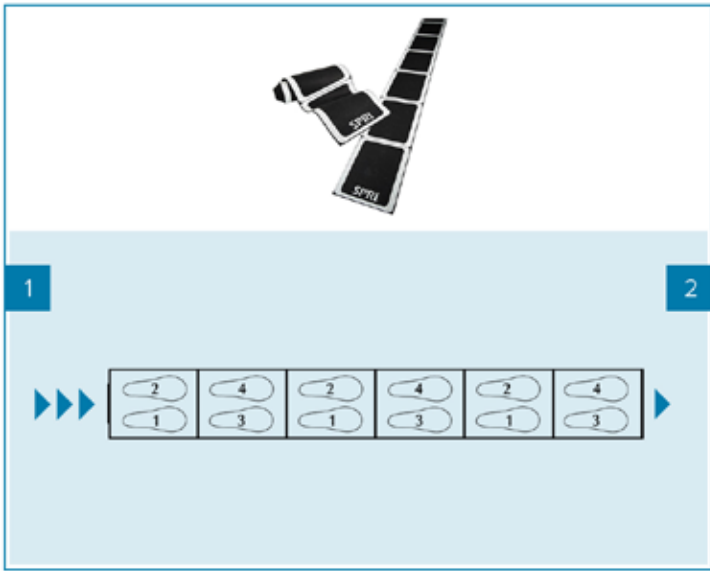
Once through the ladder, jog back along outside of ladder line to start position and repeat.

Run forward through the ladder, alternating two foot contacts between every pair of hurdles. Stay on balls of feet with slight forward torso lean.

Swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to start position, switch lead foot and repeat.

FOWARD RUN SHORT STRIDE IN

FOWARD RUN SHORT STRIDE IN & OUT



Jog/run in place at one end of ladder. Run forward through the ladder, alternating two foot contacts in every ladder square.

Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to start position, switch lead foot and repeat.

Straddle ladder and position one foot along each side of first ladder square. Jog/run in place along sides of ladder. Run forward through the ladder, alternating two foot contacts inside, then two foot contacts outside the next ladder square.

Stay on balls of feet with slight forward torso lean and swing arms in an alternate forward and backward cross body pattern. Once through the ladder, jog back along outside of ladder to start position, switch lead foot and repeat.