**Start:** Grasp handles with thumbs pointing toward end of handles, bend arms slightly and position below shoulders in front of body. Stand with feet hip-width apart, bend knees and hinge slightly forward at the hips with head over shoulders.

**Finish:** Quickly jump, push hips forward, straighten and separate legs while raising arms up and over head. Softly land on balls of feet, bend knees while bringing arms down to sides of body in a continuous apart/together pattern.

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**Start:** Grasp handles with thumbs pointing toward rope, stand with feet shoulder-width apart, bend legs with knees over feet, hinge slightly forward at the hips with chest high and eyes looking straight ahead.

**Finish:** Quickly extend legs, push hips forward, point toes toward the floor and jump straight upward while lifting arms up and forward above the shoulders. Pull arms down quickly while in the air, land on balls of feet, bend knees and repeat in a continuous up-and-down arm/leg pattern.

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**Start:** Grasp handles with thumbs pointing toward rope and straighten arms below shoulders in front of body. Stand with feet shoulder-width apart, bend knees while bringing arms down to sides of body in a continuous apart/together pattern.

**Finish:** Move one arm up and forward directly out in front of shoulder in a continuous alternating up-and-down arm pattern. Keep legs, chest and head stationary while maintaining core muscle activation.

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**Start:** Grasp handles with thumbs pointing toward end of handles, bend arms and position slightly out in front of body. Stand with feet slightly wider than hip-width apart, bend knees and hinge slightly forward at the hips with head over shoulders.

**Finish:** Quickly drive bent arm up and forward across front of body while pivoting same-side leg and rotating upper body in the same direction. Drive opposite arm up and forward, pivot and rotate in opposite direction in a continuous alternating side-to-side arm pattern.