IGNITE SPRI WEIGHTED JUMP ROPE EXERCISE GUIDE

EXERCISE INSTRUCTION
- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 20-60 seconds.
- Perform 3-5 sets of each selected movement.
- Rest approximately 30-60 seconds between each set of movements.
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- Perform each movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds, perform the movement more slowly, or take more rest between movements.

1. BASIC JUMP
   Perform repeat dual-leg rope jump with feet hip-width apart and knees slightly bent while landing on balls of feet.

2. FRONT CROSS
   Perform repeat dual-leg rope jump with feet hip-width apart and knees slightly bent while landing on balls of feet. Cross arms in front of body just prior to rope passing underneath feet, then immediately uncross when rope is overhead.

3. JOGGING STEP
   Perform repeat alternating bent straight leg jog in place with feet hip-width apart while landing on ball of foot.

4. DOUBLE HIGH KNEE JUMP
   Perform repeat dual-leg high knee rope jump with feet hip-width apart, knees bent and toes pointed while landing on balls of feet.

5. HEEL TOE
   Perform repeat alternating leg heel/toes rope jump with feet hip-width apart while landing on ball of back foot and heel of front foot.

6. SCISSORS
   Perform repeat alternating straight leg forward/backward shuffle rope jump with feet hip-width apart while landing on balls of feet.