



Ropeworks by Rene'

JUMP ROPE SKILLS



1. Basic Bounce



2. Bell



3. Skier



4. Pretzel Cross



5. Cool Catch



6. Front Back Cross



7. Yabadaba



8. can Can



9. K Bone Toss



10. Tornado



Challenge Tools

- Add a cross
- Add a double under
- Do it backward
- Try it moving through space

11. Full Twist!



Spin all the way around. Finish jumping forward

12

Watermelon



Jump Manual Workout Routine

G Orfield



Jump Manual Workout Routine:

Jump Manual Workout Routine Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Jump Manual Workout Routine**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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