

JUMP ROPE FOR HEART WORKOUT

Warm up with 3 easy minutes of jump roping, then perform each exercise for 40 seconds, followed by 20 seconds of rest.

Jump Roping (Moderate)

Push-Ups

Jump Roping (Fast)

Squats

Jump Roping (High Knees)

Plank with Knee Tuck

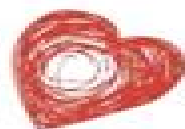
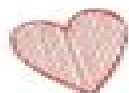
Jump Roping (All Out)

Glute Bridges

Jump Roping (Moderate)

Forearm Pike

Repeat 2x



Jump Rope For Heart Instruction Manual

**Dorothy Zakrajsek, Lois Carnes, Frank
E. Pettigrew**



Jump Rope For Heart Instruction Manual:

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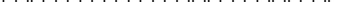
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