



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

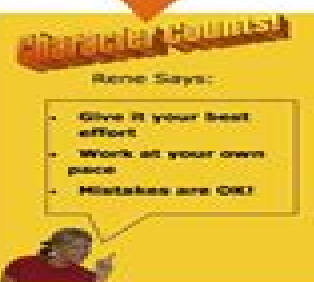
11. Full Twist!



Spin all the way around. Finish jumping forward

12

Watermelon



Jump Manual Workout Routine

RJ Shavelson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Jump Manual Workout Routine:

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Jump Manual Workout Routine** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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