



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

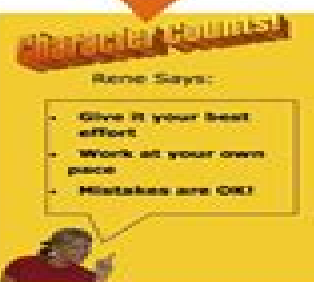
11. Full Twist!



Spin all the way around. Finish jumping forward

12

Watermelon



Jump Manual Workout Routine

Jamie Dumas, Andy Dumas

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author names.

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trey said frowning as they lingered over their lunch a few days later

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