

# 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

**Yan Bai**



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