



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. W-Rone Toss



10. Tornado



...

Remember Rene's!

Rene Says:

- Give it your best effort
- Work at your own pace
- Mistakes are OK!

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

K Payea



Jump Manual Workout Routine:

Whispering the Secrets of Language: An Mental Journey through **Jump Manual Workout Routine**

In a digitally-driven earth wherever monitors reign supreme and immediate transmission drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases frequently go unheard. Yet, set within the pages of **Jump Manual Workout Routine** a fascinating fictional value pulsing with natural thoughts, lies an extraordinary quest waiting to be undertaken. Published by a skilled wordsmith, this wonderful opus attracts viewers on an introspective trip, delicately unraveling the veiled truths and profound impact resonating within ab muscles fabric of each word. Within the mental depths with this moving evaluation, we shall embark upon a heartfelt exploration of the book is core themes, dissect its charming writing fashion, and fail to the effective resonance it evokes serious within the recesses of readers hearts.

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