

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

E Durkheim



Jump Rope For Heart Instruction Manual:

Delve into the emotional tapestry woven by Crafted by in Experience **Jump Rope For Heart Instruction Manual** . This ebook, available for download in a PDF format (*), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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