



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

**SA Dillow**



## **Jump Manual Workout Routine:**

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