

The 30 Day Jump Rope Challenge

Difficulty Level: Intermediate

Instructions: For each week's exercise, do as many as you can in 5 minutes then immediately move to the next exercise. Once you finish Week 1, move to the next week's exercise. Do 4 total weeks.

Week 1: Basic Bounce	Reps/Time	Completed	Notes
Day 1	5 Mins		
Day 2	5 Mins		
Day 3	5 Mins		
Day 4	5 Mins		
Day 5	5 Mins		
Day 6	5 Mins		
Day 7	5 Mins		
Week 2: Alternate Foot Step	Reps/Time	Completed	Notes
Day 1	5 Mins		
Day 2	5 Mins		
Day 3	5 Mins		
Day 4	5 Mins		
Day 5	5 Mins		
Day 6	5 Mins		
Day 7	5 Mins		
Week 3: Side Straddle	Reps/Time	Completed	Notes
Day 1	5 Mins		
Day 2	5 Mins		
Day 3	5 Mins		
Day 4	5 Mins		
Day 5	5 Mins		
Day 6	5 Mins		
Day 7	5 Mins		
Week 4: Skiers	Reps/Time	Completed	Notes
Day 1	5 Mins		
Day 2	5 Mins		
Day 3	5 Mins		
Day 4	5 Mins		
Day 5	5 Mins		
Day 6	5 Mins		
Day 7	5 Mins		