



SALEM JUMP ROPE · FITNESS

10-MINUTE FOOTWORK BUILDER

4 basic moves. 8 jumps each. Back to back. Jump it to your own music.

THE 4 MOVES

01

Basic bounce

8 JUMPS

Light, even two-foot jump

02

Boxer step

8 JUMPS

Shift foot to foot, like a boxer

03

High knees

8 JUMPS

Drive the knee up each jump

04

Side to side

8 JUMPS

Feet together, hop side to side

HOW IT WORKS — START HERE: 3 SETS

●	WARM-UP	Easy two-foot bounce, find your rhythm	~1 MIN
●	ROUND 1	All 4 moves, back to back, 8 jumps each	
●	REST	Shake it out, breathe	LONGEST REST
●	ROUND 2	All 4 moves, back to back, 8 jumps each	
●	REST	Shorter than round 1	LESS REST
●	ROUND 3	All 4 moves, back to back, 8 jumps each	
●	COOLDOWN	Walk it out, stretch calves and ankles	~1-2 MIN

HOW TO PROGRESS

Start with 3 sets and see how it feels. In a few days, crank it up: add more rounds and cut the rest time between sets.