



SALEM JUMP ROPE · FITNESS

20-MINUTE HIIT JUMP + STRENGTH

Jump rope, push-ups, core, and squats combined for full-body power.

THE 5 MOVES

01

Jump rope

40 SEC

Steady bounce, get the heart rate up

02

Push-ups

40 SEC

Chest to floor, full lockout at the top

03

Core

40 SEC

Plank or sit-ups, controlled reps

04

Squats

40 SEC

Hips back, chest up, full depth

05

Split squats

40 SEC

Front knee over ankle, alternate legs

HOW IT WORKS — 3 ROUNDS, 40/20 INTERVALS

●	WARM-UP	Easy bounce, arm circles, bodyweight squats	2:00
●	ROUND 1	40 sec work / 20 sec rest, all 5 moves	5:00
●	REST	Walk it out, breathe	1:00
●	ROUND 2	Same 5 moves, push the pace	5:00
●	REST	Shorter rest, stay ready	0:45
●	ROUND 3	Max effort, hold your form	5:00
●	COOLDOWN	Walk, shake out legs, stretch	1:15

HOW TO PROGRESS

Move at your own pace and keep good form on every rep. Feeling strong? Crank it up: add a 4th round or cut rest to 15 seconds.