



SALEM JUMP ROPE · FITNESS

30-MINUTE ENDURANCE BUILDER

Long, steady drills that build stamina to hold your pace all the way through.

THE 7 MOVES

01

Steady bounce

STEADY

Relaxed, efficient two-foot rhythm

02

Jog step

STEADY

Light jogging step in place

03

Single-leg hops

STEADY

Alternate legs, steady pace

04

Straddle

STEADY

Feet out, feet in, easy rhythm

05

Swing kicks

STEADY

Alternate a light kick each pass

06

Side to side

STEADY

Feet together, hop side to side

07

Side swings

STEADY

Rope swings side to side, no jump

HOW IT WORKS — LONG STEADY BLOCKS

●	WARM-UP	Easy bounce, settle into rhythm	3 MIN
●	ROUND 1	Rotate the 7 moves on repeat, steady effort	10 MIN
●	REST	Walk, breathe, sip water	2 MIN
●	ROUND 2	Same 7 moves, hold your pace	10 MIN
●	COOLDOWN	Walk, stretch, breathe	5 MIN

HOW TO PROGRESS

Endurance is built with time, not speed — keep a pace you can hold. Crank it up: add a third round or stretch each block a few minutes longer.