**AGILITIE ROPE JUMP PROGRAM 1**



**WORKOUT 1 WORKOUT 4**  
REGULAIR JUMPS 80 REGULAIR JUMPS 1X100  
SINGLE LEG JUMPS L 1X30 BOXING STYLE JUMPS 1X100  
SINGLE LEG JUMPS R 1X30 DOUBLE UNDERS 3X10  
BOXING STYLE JUMPS 2X40 GAME HOW MANY JUMPS IN 40 SECONDS 1X  
 FORWARDS JUMPS 2X 20M  
  
**WORKOUT 2 WORKOUT 5**REGULAIR JUMPS 90 REGULAIR JUMPS 1X120  
SINGLE LEG JUMPS L 1X30 BOXING STYLE JUMPS 1X120  
SINGLE LEG JUMPS R 1X30 DOUBLE UNDERS 3X12  
BOXING STYLE JUMPS 2X40 GAME HOW MANY JUMPS IN 50 SECONDS 1X  
FORWARDS JUMPS 2X 30M  
  
**WORKOUT 3 WORKOUT 6**  
REGULAIR JUMPS 100 REGULAIR JUMPS 1X140  
SINGLE LEG JUMPS L 1X30 BOXING STYLE JUMPS 1X140  
SINGLE LEG JUMPS R 1X30 DOUBLE UNDERS 3X14  
BOXING STYLE JUMPS 2X40 GAME HOW MANY JUMPS IN 60 SECONDS  
SIDEWAYS JUMPS 4X 15M