

JUMP ROPE CIRCUIT

- 3x15 seconds (30-60 seconds rest between reps)
 - High Knees
 - Toe Taps
 - Butt Kicks

- 3 sets of the below (30-60 seconds rest between set)
 - 10 x 2 feet hop
 - 10 x right leg hop
 - 10 x left leg hop
 - 20 x alternating legs (running legs)