

## **SKIPPING PROGRAM:**

**Single bounce:** You bounces only once to each turn of the rope, with both feet together.

- **Heel-toe:** You bounces once to each turn of the rope, alternating her right and left feet so that the heel and toe of opposite feet make contact with the ground at the same time.
- **Single speed bounce:** You perform single bounces at a rapid pace.
- **One foot single bounce:** You bounces once to each turn of the rope, using only one foot at a time, alternating between her right and left feet. You count and jump once with your right foot and once with your left foot, you then count and jump twice with your right foot and twice with your left foot. You continue this method of counting up to ten with each foot.
- **Spread:** You move your feet forward and backward alternately: the right foot forward and the left foot back on the first turn of the rope, and the left foot forward and the right foot back on the second turn of the rope, and so on.
- **Straddle:** You start with your feet together on the one count or on the first turn you spread your feet apart sideways 15 to 18 centimeters on the two count or the second turn, and you place your feet together on the three count or on the third turn, and so on.
- **Straddle X:** You use a single bounce on the first turn. On the second turn you cross the right leg over the left leg, then uncrosses your legs. On the third turn you cross the left leg over the right leg, and so on.
- **Crossover:** You bounce with your feet together on the first turn and on the second turn you cross your arms at the elbows on the downward swing of the rope, jumping through the loop of the rope formed in front of your body. You uncross your arms on the next downward swing of the rope. The crisscrossing's are done with a bounce in between the crisscrosses, if so desired, and with the right and left arms alternating as the top arm of the crisscrosses.
- **Double jump:** You make a single bounce with your feet together while making two turns of the rope. You bend at the waist and speed up the rope with wrist rotation.
- **Speed single:** You make a single bounce with one turn of the rope done at a fast pace.
- **Alternate jump:** You run in place while hitting one fast bounce for every turn of the rope. You land on the balls of your feet and flex your lower leg to form a ninety degree angle with the back of your thigh. You may run in place with your knees up or down. Running with the knees up develops the quadriceps and running with the knees down works the hamstring muscles.
- **Jump through the rope:** You double the rope and hold it taut at arm's length, with your arms shoulder width apart. You jump forward through the rope, using a kangaroo jump (bringing your knees to your chest). There should be no rests or pauses between jumps.
- **Triple turn:** You bounce high once and try to turn the rope three times before the second bounce. You should concentrate on developing a higher jump and more rapid wrist action.
- **Jump square:** You jump in a pattern that makes a square on the ground.
- **Front and back:** You bounce with your feet together, alternating jumping forward and backward. You should concentrate on swinging your hips forward and backward as well.
- **Side to side:** You bounce with your feet together and jump from side to side. Again, you should concentrate on swinging your hips.
- **Two right, two left:** You bounce once to each turn of the rope, twice on your right foot, then twice on your left foot. You continue this pattern and constantly try to increase your speed.
- **Hula hoop:** You bounce through the rope on your first turn with your feet together. When the bounce is completed, you bring your hands together and swings the rope on the right side of your body as you bounce again. You move your hands apart at the top of the swing and again bounce through the rope with your feet together. When this bounce is completed, you bring your hands together and swing the rope on the left side of your body as you bounce again. Continues this pattern as you build speed and agility.

There are two aspects to the skipping program. The first is its value in improving coordination and the second for maintaining or improving fitness. This program is designed to be completed over a 10 week period and is made up of the following:

1. Improve co-ordination (3 weeks)
2. Improve existing level of fitness (3 weeks)
3. Maintain new level of fitness. (4 weeks)

The program has been structured in three sequential sections. To get the maximum value from the program you would complete all three. If you simply want to improve coordination and then move on to other fitness activities you need only complete section one (weeks 1 to 3). Other alternatives include the Interval and Fartlek training outlined in other sections of the fitness web site (coming soon).

It is important that you record what and when you do your skipping. You can download a single page [record sheet](#) that you can copy as many times as you need to record your progress. Fill in this record sheet every time you skip.

It is important to do the required number of minutes in the program as actual skipping. This means it might take you 20 minutes to start off working out how to do the technique and in that time you may well do the 6 minutes of continuous skipping. To start with you might work out one technique then do two minutes skipping and then work on another technique and so on. By week 4 the skipping needs to be continuous for the amount of time stated.

Week 1	3 Days a week	Skip for 6 minutes. During this time spend 2 minutes on each of three different techniques. Make sure you record which techniques you tried. Stay with the same three techniques all week.
Week 2	3 Days a week	Skip for 6 minutes. During this time spend 2 minutes on each of three different techniques from week 1. Make sure you record which techniques you tried. Stay with the same three techniques all week.
Week 3	3 Days a week	Skip for 6 minutes. During this time spend 3 minutes on each of two different techniques from weeks 1 and 2. Make sure you record which techniques you tried. Stay with the same three techniques all week.
Week 4	4 Days a week	Skip for 10 minutes using any combination of the 8 techniques you learnt from weeks 1 to 3.
Week 5	5 Days a week	Skip for 15 minutes using any combination of the 8 techniques you learnt from weeks 1 to 3.
Week 6	6 Days a week	Skip for 20 minutes a day making sure you learn two new techniques.
Weeks 7 - 10	3 Days a week	Skip for 10 minutes a day using any combination of skipping techniques you like.

