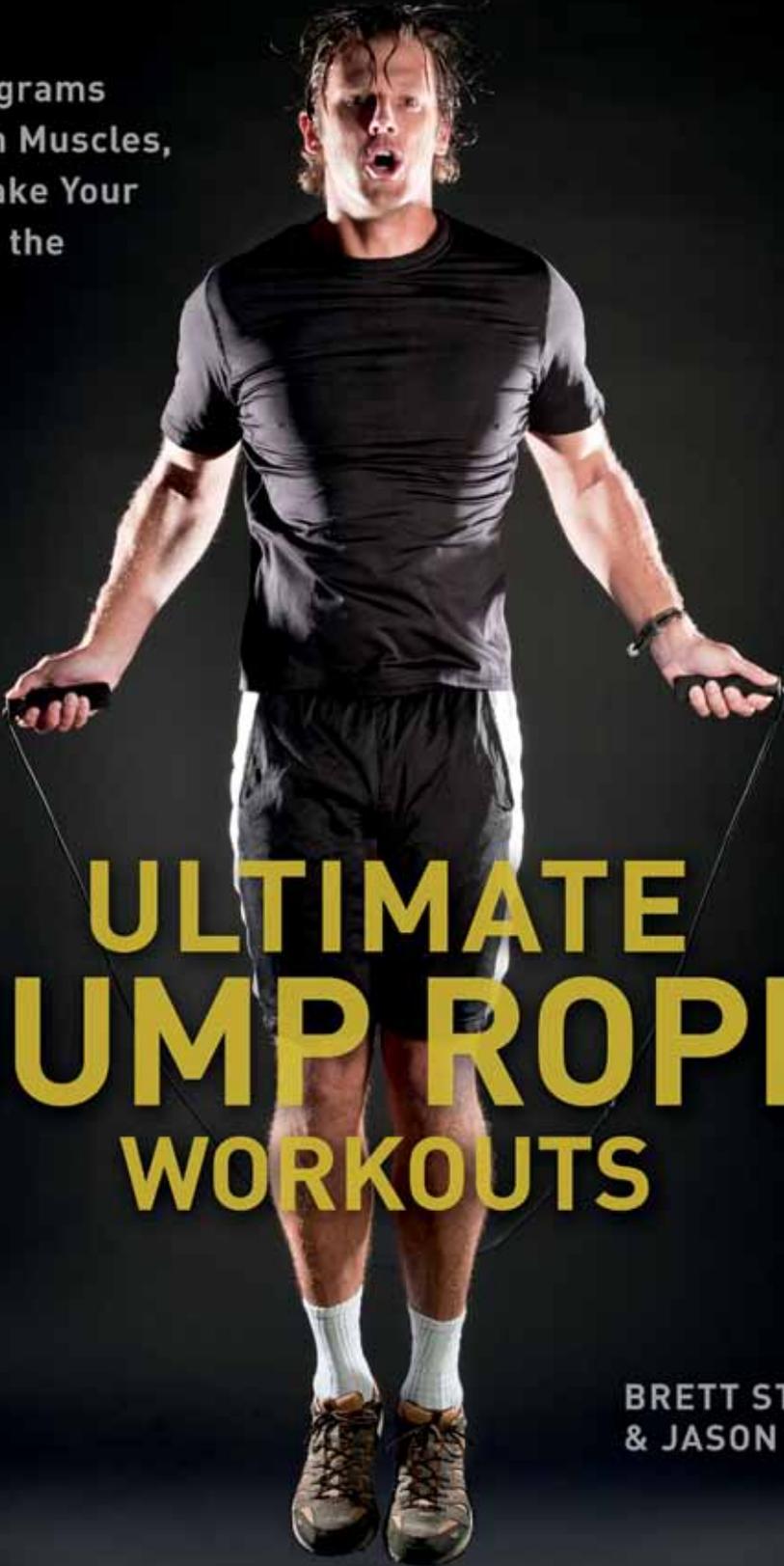


Kick-Ass Programs  
to Strengthen Muscles,  
Get Fit and Take Your  
Endurance to the  
Next Level

A man with long hair, wearing a black t-shirt and black shorts, is captured in the middle of a jump rope exercise. He is holding the handles of a black jump rope with both hands, and the rope is positioned around his ankles. He has a focused expression with his mouth slightly open. The background is solid black, which makes the man and the yellow text stand out.

# ULTIMATE JUMP ROPE WORKOUTS

BRETT STEWART  
& JASON WARNER

Hi, this is Brett, the co-author of *Ultimate Jump Rope Workouts*, and I hope you enjoy this preview of the book.

This sample PDF features over 50 pages of info from the book to give you an overview of what you'll find in *Ultimate Jump Rope Workouts*.

Share this PDF with any of your friends or family looking for an exciting challenge or interested in developing some fantastic core strength & improving their athletic ability.

Jason Warner and I created this program over the course of several years of testing and challenging each other during our lunchtime workouts in Scottsdale, AZ. Our friendship goes back much farther than that and fitness has always played a big role in our continued endeavors. We've since written several books together including *7 Weeks to Getting Ripped*, *7 Weeks to 10 Pounds of Muscle*, with many others on the way.

This program is designed to develop total body strength & fitness while really pushing the envelope on your endurance and can be used year-round in conjunction with sports-specific training (marathons, triathlons, conditioning for baseball, football, basketball... etc.) to develop speed, strength, flexibility and making staying fit fun. Whether you are new to fitness or just getting back involved, the functional cross-training (FXT) programs and exercises in *Ultimate Jump Rope Workouts* are suitable for anyone at any fitness level.

If you have any questions, comments, or are interested in checking out some of the other free programs, contact me at [7weekstofitness.com](http://7weekstofitness.com).

Thanks!  
~b

# ULTIMATE JUMP ROPE WORKOUTS

Kick-Ass Programs to Strengthen Muscles,  
Get Fit and Take Your Endurance to the Next Level

BRETT STEWART & JASON WARNER



Ulysses Press

To JDub, Jase, Whitey or Jason—whatever moniker you go by—you changed my life with your help and support and I'm very proud to call you my friend and coauthor.

—Brett

To my wife Anne-Marie, who supports whatever crazy thing I want to do.

—Jason

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# **PART 1: OVERVIEW**

# Introduction

Endurance, fitness, flexibility, agility, strength, toning and cardiovascular training. These are the goals of almost any athlete—from professional sports figures to weekend warriors and everyone in between. Since improving fitness and athletic ability are at the top of the list for people all over the world, naturally they would make exercising a high priority in their lives, right?

Well, no. Real life is a lot more complicated than just following an exercise regimen in a book written by a couple guys who spend far too much time thinking about this stuff (hey, we resemble that statement!). Seriously, every day is busy enough without trying to fit in hours at the gym or on the treadmill. There has to be a better, more efficient way to get—and stay—fit!

Luckily, there is. With a simple, little piece of equipment and a 10- to 15-minute commitment three to five times a week, you can strengthen and tone your entire body while developing better endurance, flexibility, agility and core strength. You may be asking yourself, “What is this magic fitness tool? An AbBlaster 3000? A ThighRocker2k? Maybe it’s a ThunderChair X11? All I know is I want one—at any price!”

Don’t bother to get out your checkbook because this amazing fitness tool is a simple jump rope, as inexpensive as it is effective. Armed with a jump rope, you can perform dozens of exercises and routines like those found in this book to develop a fit, strong and ripped physique faster than you ever thought possible!

The only real investment you need to make is in yourself—committing to following the program and performing each workout with proper form, solid effort and high intensity. There are no “gimmies” in life. Whether you’re on the golf course, at the big meeting or in the gym, success requires hard work and commitment. Getting fit is no exception. It’ll require dedication and follow-through, but if you can find the fastest and most efficient way to boost your metabolism, endurance, agility and flexibility, that’s the best way to go.

Most people who want to get fit fall into three different categories:

1. I want to get fit, but I just don’t know how, I can’t find a routine that I’ll stick to and I don’t have hours a day to spend at the gym.
2. I spend hours in the gym each week and am frustrated that I’m not getting the results I’m looking for.
3. I made positive gains for a while and now have hit a plateau. Should I begin learning a new routine and figuring out new exercises?

The programs here in *Ultimate Jump Rope Workouts* are designed to help with all of those fitness dilemmas and more. We’ve developed an easy-to-follow routine of physique-shredding and endurance-building activities coupled with exercises to target upper body, lower body and core strength to give you a full-body workout in just a fraction of the time it takes for you to find your membership card and drive to the gym.

*Ultimate Jump Rope Workouts* programs are short and intense and really work in reshaping your body and raising your fitness level. Best of all, they’re extremely efficient. In as little as 10 minutes a day, three workouts per week, you can get a jumpstart on your fitness goals, break through plateaus and save hours at the gym (and hundreds in membership fees) in the process.

# The Journey

The programs in this book were developed by Jason and Brett, two fitness and adventure junkies who've tackled just about everything, from Ironman triathlons to ultra-marathons, rugby to Tough Mudder and a whole lot of other crazy activities in between. These guys have been spotted racing cars across parking lots—by pushing them—and caught by a local news station in Arizona while working out in 110° heat.

We've been best friends for over a decade and teamed up on other fitness books: *7 Weeks to 50 Pull-Ups* and *7 Weeks to Getting Ripped* (a full-body workout built around bodyweight exercises, sprints and fitness games). Brett is an NCCPT Certified Personal Trainer and endurance maniac who can be found on top of a mountain or running a 100-mile race; he's 150 pounds soaking wet. Jason is an ISSA Certified Strength Trainer, competitive athlete and bodybuilding specialist. Putting on muscle is his specialty and, at 6 feet tall, he's a solid 65 pounds heavier than his coauthor. We couldn't be more different in size, shape, strength or endurance, yet we've created an easy-to-follow workout that we both enjoy and have used to raise our own fitness levels and that of many of our clients and training partners. Here's what got us here.

## Jason's Story

My journey begins in freshman year of high school. I've just moved to a new town and enrolled in a new high school. A very typical high-school movie scenario ensues with just as much teen drama. The salient points are these:

#1. I'm 5'2" and 160 pounds. Trim, I am not.

#2. I meet my future wife (although I obviously didn't know that at the time), whom I immediately find stunning. She's 5'10" and 120 pounds. There's an 8-inch gap in my future.

#3. I'm quite the geek—computers, math, science, the whole lot.

I decide at some point during my freshman year that I'll work hard and get into great shape. I can't control my height, but I'll damn sure control my weight. I beg my mother for a home gym, a Nautilus band system of some sort. I rip

out an article from some magazine that was in the high school gym. I work at it, just like it says, for a period of months. Nothing.

Now the geek starts to kick in: more reading, learning, consuming of information than actual training. But this, I rationalize, is OK. After all, I need data!

By the end of my senior year, I've plotted and meandered my way to remaining 160 pounds, but I get lucky—nature throws me a bone and I grow to 5'10". I have an amazing amount of information sitting in my head but I haven't been able to successfully categorize, systematize and synthesize the information into a workable fitness protocol. But that, I learn in college, is because most of what I learned was junk. Garbage. Pseudo-information used to sell magazines, supplements or workout gear.

So how did I figure out everything I learned was WRONG? Easy. I found the fittest people I could and watched what they did, how they worked out, what they ate and which exercises they did and, more importantly, didn't do. I happened to be watching the Penn State football and basketball programs. Life-altering information.

I never saw an ab-roller, an elliptical machine or someone doing endless sets of curls to "peak" their biceps. Wind sprints, swimming, jumping rope and compound lifts—that's how elite athletes work out.

Since college, my fitness knowledge has exploded into other areas as well, including understanding nutrition better. One thing that has always been a constant, however, is the idea of doing it better with less. To get in great shape, to have a killer body and be unbelievably fit requires surprisingly little equipment.

Which leads me back to jumping rope. I love jumping rope. There are never any excuses

with it. When I travel for work, I can always jump rope. When I'm on vacation with the wife and kids, I can jump rope. When I'm working 14 hours a day at the office, I can jump rope. It takes 10–20 minutes to get a killer workout and I literally need no equipment (I can just shadow jump if I don't have any of my ropes).

My fitness journey isn't complete. I'm sure I'll learn more and adapt my training, nutrition and lifestyle as more information becomes available, but I know this more than anything: Jumping rope will always be a part of my routine. The benefits are just too great to ignore.

## Brett's Story

Like Jason, I was in no way a "fit" kid. I was usually second-to-last picked in recess games, but only if the last kid was on crutches. Nothing says "athletic prowess" (or lack thereof) like being last up to the plate in kickball behind all the girls, yet I somehow managed to hit a new low every year when the Presidential Physical Fitness Test came along. I was the pudgy kid who couldn't even do one pull-up and my physical education teacher could usually count the number of push-ups and sit-ups I completed on one hand. Needless to say, I was the butt of quite a few jokes in T-ball when I was exhausted from simply running to first base.

As the chubby kid, there were no real expectations for me to be good at sports and I didn't put much of an effort into trying to improve. Soccer, baseball, basketball and most other sports were just a way to pass the time. I knew there was no way I was getting the game-winning hit in Little League or making the game-winning shot in basketball—most games I never even got passed the ball. Honestly, I just

gave up and figured I'd never be fit like a lot of the other kids in my teams. I always dreamed of being in shape, but I lacked the motivation to put in the effort to change my eating and exercise habits.

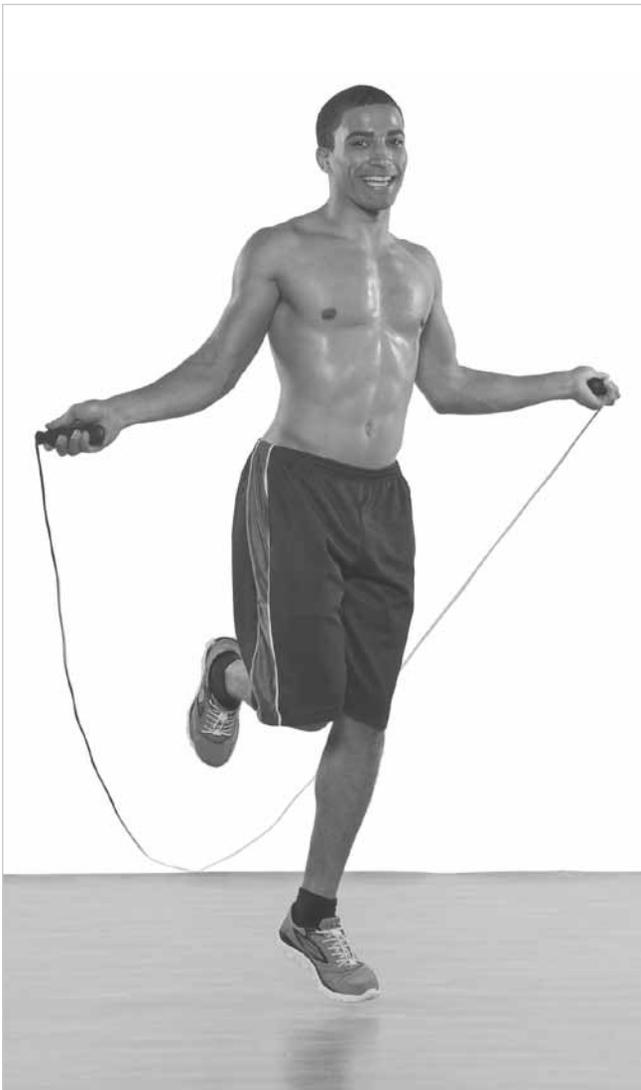
Fast forward to my early 30s. That kid grew into a 30-pounds-overweight smoker who got winded climbing up a flight of stairs. I nearly died from exhaustion during a pick-up basketball game with my new co-worker Jason. He was about four inches taller than me but it might as well have been a foot since I was slow, had no endurance and couldn't shoot a basketball to save my life. Even though he destroyed me that game, a friendship was born and my competitive fire was stoked. I knew if I could just get into shape and lose 20 or 30 pounds, I could beat him. Little did I know that friendship would change my life—as well as my fitness—and usher in some of the best years of my life. My wife, my career and this very book are all the results of the game played on the basketball court that day, and I have my buddy JDub to thank for inspiring me to get fit.

Thanks to this book, you have your own JDub and Brett to encourage you to get fit. Don't believe it? You can contact us directly at [www.7weekstofitness.com](http://www.7weekstofitness.com) with any questions or comments. You can also get tips, tricks and additional programs directly from us to help you get fit.

# About the Book

*Ultimate Jump Rope Workouts* is about jumping rope. Very simple. But more than that, this book is about learning the proper way to jump rope and using these skills to get into great shape. It's also about showcasing a fantastic and often-overlooked exercise for lifelong fitness.

This book is about getting better, being better and changing for the better. We just happen to talk quite a bit about jumping rope to get you there. Along with the jump rope techniques, we also add a dozen different exercises to strengthen and tone your entire body and give you a well-rounded program for total-body fitness. Once you feel the burn of a high-intensity jump rope-based circuit, most other exercises will feel like a walk in the park.



**Part 1** explains the benefits of using a progressive, high-intensity training program based around jump rope techniques and details how anyone at any fitness level can lose weight and get fit quickly. It also gives you tips on picking the perfect rope and other gear you'll need.

**Part 2** introduces proper jump rope form in addition to the progressive Prep, Basic and Advanced programs, each featuring multiple jump rope-based moves as well as several unique exercises to strengthen your entire body, develop lasting endurance and get you fit.

**Part 3** features photographs and descriptions of all the jumps to get you started quickly. It also has guidelines for building your own jump rope-based workouts.

**Appendix** lays out warm-ups, stretches and additional exercises for a well-rounded workout.

# Jumping Rope Is Better Than...

Jumping rope is one of the top calorie burners on the planet, ranking up there in calories burned per minute with a vigorous basketball game, a six-minute-mile run and a 20-miles-per-hour bike ride. Aside from the calories-burned-per-minute argument, there's the equipment. Swimming needs a pool, cycling needs a bike and a road and running simply needs shoes and time (not to mention few people can run six-minute miles for very long). Jumping rope needs a rope and about four feet of horizontal space and eight feet of vertical space. Essentially, anywhere you can stand, you can jump rope.

# Frequently Asked Questions

Jumping rope? Seriously? Like double dutch? An odd first question, to be sure. And, yes—jumping rope. However, this program is most probably not like any jumping rope you've done before. We'll be pushing you to your limits until you ask us to back off, and we will, for a split second, before we push you even further. Jumping rope is a fantastic all-around workout, one that's near the top of the calories-burned-per-minute graph. In fact, it ranks at the top of the charts in calories burned per minute.

**Q.** Shouldn't I just run?

**A.** Running is a great way to build cardiovascular endurance and improve overall physical fitness. If you can run and enjoy it, by all means do. However, many people can't run, don't like to run or simply don't have the time to run. Jumping rope is an alternative that has advantages over running. Namely, it can be done in less time, in a smaller space and with less impact on the body. All these combined mean that jumping rope is a great way to get and stay in shape.

**Q.** I can't jump rope!

**A.** We beg to differ! You can't jump rope *yet*. Jumping rope is a skill and, just like any other skill, it takes practice. If you haven't jumped rope in a while (or ever), it'll take some time and could even be frustrating, but over the course of a couple of days or possibly up to a week, you'll get the hang of it. And then you'll only get better and have more fun. In the meantime, there's always shadow jumping (see page 58)!

**Q.** Do I have to jump rope for hours?

**A.** Jumping rope is more like sprinting than jogging. You'll never catch a sprinter running sprints for hours and you won't find us advocating that for jump rope either. We'll build you up to multiple minutes—as many as tens of minutes—of jumping rope, but nothing approaching hours. Rather than extend the workout by time, we're going to play with intensity. Intensity is the key to getting a great workout. Jumping rope allows us to raise and lower intensity like a dial by manipulating various aspects of the workout, including jumping speed, height, travel distance and the

number of swings before your feet touch the ground (see Double Unders on page 72). You'll get an amazing workout in a short amount of time.

**Q.** Will I be able to get a six pack by jumping rope?

**A.** We have a saying: "Abs are made in the kitchen," meaning that most people would benefit more from changes in diet if they hope to achieve a six pack. However, the 80/20 rule is in effect: If diet affects 80% of your six-pack appearance, the other 20% is all about workout and energy expenditure.



# New to Jumping Rope? Start Here

Here are two common complaints about jumping rope from people starting out: It's for kids (aka, not cool) and they don't have the coordination for it. We can't help you with the cool factor, although we'd argue that Muhammad Ali, Mike Tyson, Evander Holyfield and every other boxer in history might have something to say about that. But, if someone doesn't want to jump rope because of a perceived "uncoolness," all we can say is that's their loss. Us? We're going to use it no matter what others think because we're doing this for ourselves, to get a great workout and to be in the best shape we can be all the time.

**PART 2:  
ULTIMATE  
JUMP ROPE  
WORKOUTS**

# The Workouts

So far we've discussed the whys of jumping rope. Now we'll get into the how and the what. We'll start by talking about the actual mechanism of jumping, swinging and landing and then cover the three comprehensive programs (Prep, Basic and Advanced) in depth.

are literally hundreds of jumps, some very acrobatic. If you feel adventurous enough and are so inclined, you can take the routines in an entirely new direction by enhancing them with these new jumps. We keep a curated list of some of the best jumps on our website, [www.7weekstofitness.com](http://www.7weekstofitness.com).

## A Word about Intensity

The higher the level of intensity you put into the workout, the more you'll reap the fat-burning, strength-building and endurance-developing benefits. On paper, the difference in jumping 70 times a minute to 100 doesn't seem as significant as it is in practice. Without question you'll achieve maximum results the harder you push yourself. The goal of a high-intensity workout is to alternate between performing an exercise at a "comfortable" level and at an "all-out" effort for a specific duration.

How do you determine what's comfortable vs. what's all-out without falling for the common mistake of over- or under-estimating your exertion level? Unfortunately, there's no magic number: These rates are relative to each individual and they change from workout to workout. Quite often novice athletes perceive their effort to be 90% when, in fact, it's closer to 60%. As you become more attuned to your body by progressing through the workouts, you should have a better understanding about how you feel during different levels of exertion, but even for seasoned athletes it's sometimes difficult to pinpoint accurately. Heart rate monitors surely help if you're the type who appreciates data, but some athletes would rather determine their output based on feel.

Here are some examples of what each of these exertion levels should feel like:

### **Comfortable Exertion**

- You should be able to hold a conversation with a training partner or sing along to a song without being out of breath.
- Breathing should be rhythmic and controlled, you should be breathing deeply and not gasping for air.
- Your heart rate should be around 50–60% of your maximum. (See "Finding Your Target Heart Rate" on page 31)
- For most individuals, setting a treadmill on "5" would be consistent with this level of effort.

### **All-Out /Maximal Effort**

- Talking would be limited to one-word responses between you and a training partner. Forget singing along to a song—you most likely won't even be able to remember the words.
- Breathing is rapid and ever-increasing throughout the interval's duration. This is clearly not a pace that you can continue for an extended period of time.
- Your heart rate should top out between 90–95% of your maximum.
- For most individuals, this would be a 9 or 10 on a treadmill.

Because HIIT intervals require short, intense bursts of maximal effort, it's vital to give "that little bit extra"—no holding back, nothing left in the tank. You don't need to save it for the last mile, the last minute of the game or running back home. THIS IS IT! This is the home stretch, the last minute of the game. Push your limits during this workout and you'll be rewarded by developing a better physique,

# Basics of Jumping

Part of the beauty about jumping rope is its simplicity. If you have a rope and enough room to swing it, you can get a workout. The rest of the picture is the form that's used when jumping said rope, and that can be a sight to behold when the rope is in talented hands. In this section we'll cover the basics, from how to hold the rope through the swing, body position, jump and, finally, the landing. It's pretty simple—millions of children do it every day. Now, if we can just get more adults to join them, we'd all be much fitter!

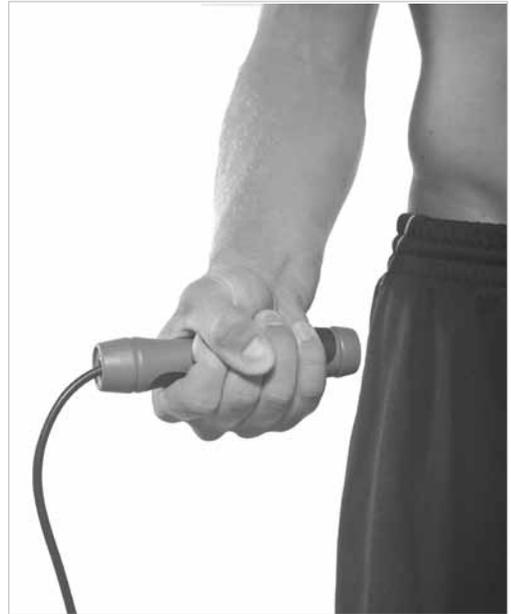
## The Grip

Hold the jump rope handles loosely with the rope coming out between your thumb and forefinger. Use just enough pressure to not let the handles fall from your hands. Your arms should be at your sides, hip level, and elbows

bent approximately 45 degrees away from your body. The goal is going to be speed, which means you need to be loose. You'll want to stay this way as you jump and keeping a good grip—not too tight, not too loose—on the handles will be crucial.



**Proper grip:** Loose but with just enough pressure to not let the handles fall from your hands



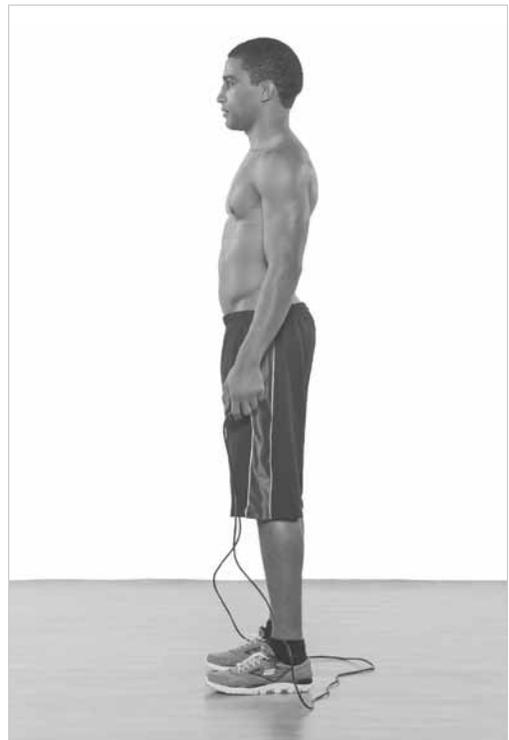
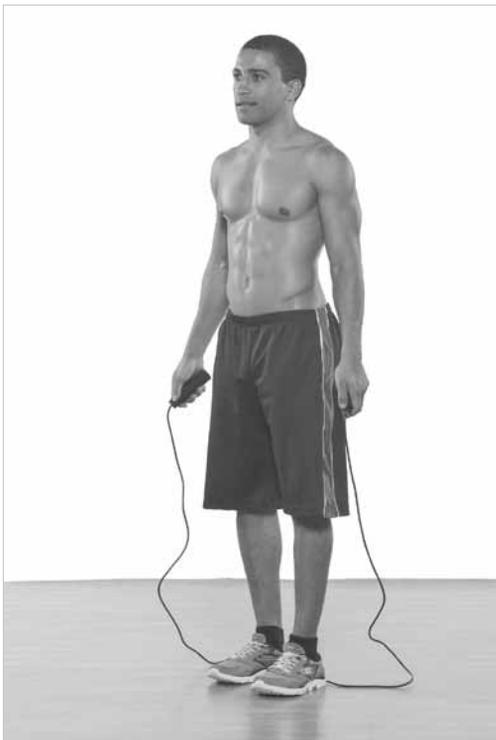
**Improper grip:** Too tight; creates unnecessary tension in the arms

## Body Position

Most people think of jumping rope as “hard on the joints.” Nothing could be further from the truth. With proper footwork, body positioning and good take-off and landing, jumping rope is actually very easy on the joints. The thing is, most people don’t jump properly!

Here’s your checklist for correct body position:

- Stand upright with your head squarely between your shoulders and your eyes looking straight ahead, not up or down. It’s important to keep your eyes focused horizontally. Doing this keeps your head level, and having a level head keeps your torso aligned properly throughout the jump. Put another way, your body will follow your eyes and head. If you have your head back and looking up, you’ll have too much back bend. If your head is down, looking at your feet or the ground, you’ll have too much forward torso lean. Both of these are suboptimal and can lead to injury.
- Your feet are at most shoulder-width apart but at least three inches apart. Contrary to popular belief, your feet should not be locked together. Having slight separation between them is proper form and allows for the jumps we’ll outline later in the book.
- Have your weight slightly forward on the balls of your feet. Your knees will naturally bend to keep your upright posture. The slight knee bend offers the cushioning so crucial to healthy jump roping. Keep the slight knee



## The Jump & the Landing

Once you have the correct body position, actually jumping and landing is a simple matter of engaging your muscles and firing them. Sounds simple enough, right?

### THE JUMP

**1** Lean slightly forward, with your weight approximately 80% on your forefoot. Engage your shoulders and abdomen (you want a stable trunk).

**2** Once they're engaged, keep a slight bend in your hips and knees as you mentally "flick" or "kick" your toes down like you're trying to push the ground away from you.

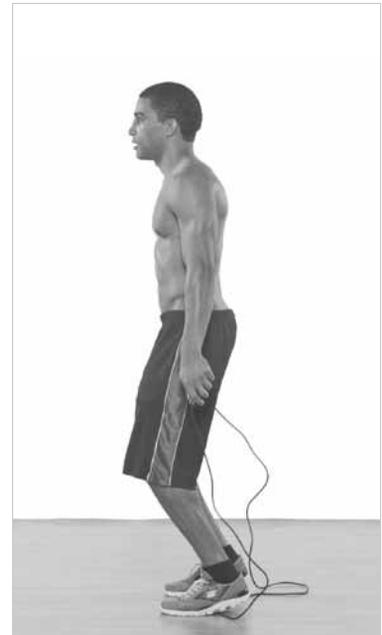
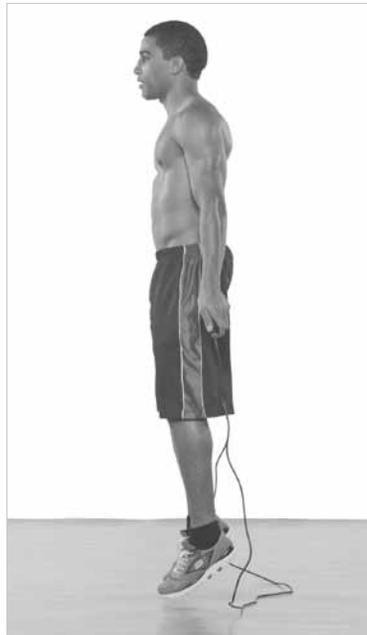
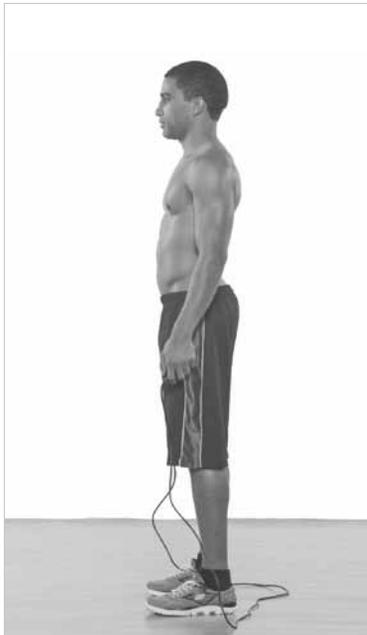
Congratulations—that was your first jump!

### THE LANDING

**1** Keep the slight bend in your hips. As your forefoot touches down, let your knees bend slightly as your legs absorb the landing. At this stage, you should essentially be back in the starting position for the jump, coiled and ready to repeat the jump.

### POINTERS TO JUMPING AND LANDING

1. Always jump and land on the balls of your feet.
2. There should be a slight bend in your hips/waist, knees and ankles as you both jump and land. You should NEVER jump or land on a locked-out joint.
3. Keep your shoulders slightly back.
4. Keep your head looking straight ahead, eyes focused horizontally.



# Prep Program

Use this program if you've been sedentary for quite some time, are new to jump rope or want a gentle introduction to the programs outlined in the rest of the book. This level is great to help your body adjust to the increased demands we'll place on it in the follow-up programs.

# Prep

## WEEK 1

**Note:** Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 84–92 for ideas.

MON	TUE	WED	THU	FRI	SAT	SUN
:30 Basic Jump (p60)	Rest	:30 Basic Jump (p60)	Rest	1:00 Basic Jump (p60)	Rest	Rest
:30 Rest		:30 Rest		:30 Rest		
:30 Basic Jump (p60)		1:00 Basic Jump (p60)		1:30 Basic Jump (p60)		
:30 Rest		:30 Rest		:30 Rest		
1:00 Basic Jump (p60)		1:00 Basic Jump (p60)		1:30 Basic Jump (p60)		
:30 Rest		:30 Rest		:30 Rest		
10 Side Hops (p95)		12 Marching Twists (p104)		10 Forward Jumps (p96)		
:30 Rest		:30 Rest		:30 Rest		
1:00 Basic Jump (p60)		1:30 Basic Jump (p60)		2:00 Basic Jump (p60)		
:30 Rest		:30 Rest		:30 Rest		
1:00 Basic Jump (p60)		2:00 Basic Jump (p60)		2:00 Basic Jump (p60)		
8 Reverse Crunches (p98)		8 Cobras (p99)		8 Wood Chops (p99)		

# Basic Program

The Basic Program is the cornerstone of a good jump rope program. We work both easier and intermediate jumps that will tax your overall fitness, muscular endurance and coordination. Be prepared to work and to be challenged. Everyone except for the fittest and most-coordinated jump ropers should go through this program start to finish.

# Basic

**WEEK 4**

**Note:** Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 84–92 for ideas.

MON	TUE	WED	THU	FRI	SAT	SUN
14 Hip Raises (p100)	Rest	16 Bird Dogs (p101)	Rest	16 Hip Raises (p100)	Rest	Rest
14 Bird Dogs (p101)		16 Supermans (p105)		16 Cobras (p99)		
3:00 Ali Step Jump (p66)		3:00 Ali Step Jump (p66)		3:00 Ali Step Jump (p66)		
:30 Rest		:30 Rest		:30 Rest		
2:30 Scissors Jump (p68)		3:00 Scissors Jump (p68)		3:00 Scissors Jump (p68)		
:30 Rest		:30 Rest		:30 Rest		
2:30 Alt Single-Leg Jump (p70)		3:00 Alt Single-Leg Jump (p70)		3:00 Alt Single-Leg Jump (p70)		
:30 Rest		:30 Rest		:30 Rest		
:30 Single-Leg Hop (left) (p74)		:45 Single-Leg Hop (left) (p74)		2:30 Scissors Jump (p68)		
:30 Rest		:30 Rest		:30 Rest		
:30 Single-Leg Hop (right) (p74)		:45 Single-Leg Hop (right) (p74)		2:30 Scissors Jump (p68)		
:30 Rest		:30 Rest		:30 Rest		
6:00 Basic Jump (p60)		6:00 Basic Jump (p60)		6:00 Basic Jump (p60)		
22 Side Hops (p95)		20 Bicycle Crunches (p109)		22 Wood Chops (p99)		

# Advanced Program

The Advanced Program is seven weeks of grueling work, extreme jumps and an all-out blitz on your ability to jump and recover. This program will have you sucking wind, burning muscles and sweating like you've never sweat before. Those that stick with this for the full seven weeks will be in better shape than they could ever believe from "just jumping rope." We promise that when you complete this program you'll never ever say "just jumping rope" again!

# Advanced WEEK 3

**Note:** Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 84–92 for ideas.

MON	TUE	WED	THU	FRI	SAT	SUN
22 Cobras (p99)	Rest	24 Hip Raises (p100)	Rest	22 Supermans (p105)	Rest	Rest
24 Mountain Climbers (p106)		22 Wood Chops (p99)		20 Forward Jumps (p96)		
1:30 Ali Step Jump (p66)		1:30 Ali Step Jump (p66)		1:30 Ali Step Jump (p66)		
:30 Rest		:30 Rest		:30 Rest		
3:00 Scissors Jump (p68)		3:00 Scissors Jump (p68)		1:00 Double Under (p72)		
:30 Rest		:30 Rest		:30 Rest		
:30 Double Under (p72)		:45 Double Under (p72)		1:00 Double Under (p72)		
:30 Rest		1:00 Rest		1:00 Rest		
:30 Double Under (p72)		:45 Double Under (p72)		1:00 Double Under (p72)		
:30 Rest		1:00 Rest		1:00 Rest		
:30 Double Under (p72)		1:00 Double Under (p72)		:30 Running Man (p76)		
:30 Rest		1:30 Rest		1:30 Rest		
3:30 Basic Jump (p60)		3:30 Basic Jump (p60)		3:00 Basic Jump (p60)		
22 Bicycle Crunches (p109)		24 Mason Twists (p107)		24 Leg Lifts (p102)		

# Advanced WEEK 5

**Note:** Rest and recovery are vital to the success of the programs and should be included as prescribed on the schedules. Remember also to warm up before your workout and stretch afterward! See pages 84–92 for ideas.

MON	TUE	WED	THU	FRI	SAT	SUN
22 Bird Dogs (p101)	Rest	24 Hip Raises (p100)	Rest	24 Supermans (p105)	Rest	Rest
22 Mason Twists (p107)		26 Reverse Crunches (p98)		26 Leg Lifts (p102)		
2:00 Alt Single-Leg Jump (p70)		2:00 Alt Single-Leg Jump (p70)		2:00 Alt Single-Leg Jump (p70)		
1:00 Rest		1:00 Rest		1:00 Rest		
10 Squat Jumps (p97)		12 Squat Jumps (p97)		10 Inchworms (p108)		
2:00 Alt Single-Leg Jump (p70)		2:00 Running Man (p76)		2:00 Running Man (p76)		
1:00 Rest		1:00 Rest		1:00 Rest		
1:00 Single-Leg Hop (left) (p74)		1:00 Double Under (p72)		1:00 Double Under (p72)		
1:00 Rest		1:00 Rest		:30 Rest		
1:00 Single-Leg Hop (right) (p74)		1:00 Double Under (p72)		1:00 Double Under (p72)		
1:00 Rest		1:00 Rest		:30 Rest		
1:00 Double Under (p72)		2:00 Running Man (p76)		2:00 Running Man (p76)		
1:30 Rest		1:30 Rest		:30 Rest		
4:30 Basic Jump (p60)		4:30 Basic Jump (p60)		5:00 Basic Jump (p60)		
26 Reverse Crunches (p98)	26 Bicycle Crunches (p109)	28 Mason Twists (p107)				

## Next Steps

Congratulations! If you've gotten through the entire program, there's a good chance you've just accomplished the most physically demanding achievement in your life. Take a moment to let that sink in and realize you're capable of much more than you may have previously dreamed possible.

Now, take a deep breath and absorb the next statement: This is only the beginning of a New You. You have the opportunity to write the next chapter of your fitness and athletic ability.

What challenge comes after jumping rope? Well, anything does! Now's the time to set your

goals, challenge yourself and make your fitness dreams a reality. If you want to run a marathon, train for a triathlon, gain muscle, lose weight, get ripped, get stronger or generally feel better about yourself, we've written additional books and created many challenges that'll help you set and achieve new goals—and transform your life in the process. Each new challenge will make you dig deep like this program did to make you stronger, fitter and healthier than you'd ever thought possible. Check out all our books and review the free online programs at [www.7weekstofitness.com](http://www.7weekstofitness.com). Make a choice and set your sights on a New You.

# **| PART 3: THE JUMPS**

“Jumping rope” doesn’t need to be the same jump over and over again. We describe and illustrate a number of variations to the single jump in this book. Each jump has its own distinct benefits and targets specific training. Football or soccer players can benefit from the Alternating Single-Leg jump (page 70) while marathoners can perform Scissors (page 68)

to build leg and hip strength to carry them through the long miles. It bears to mention that you don’t need to be an alpine enthusiast to enjoy The Skier (page 62)—each technique was created to benefit individuals of all athletic ability.

All jumps will use the classic grip (see page 33).

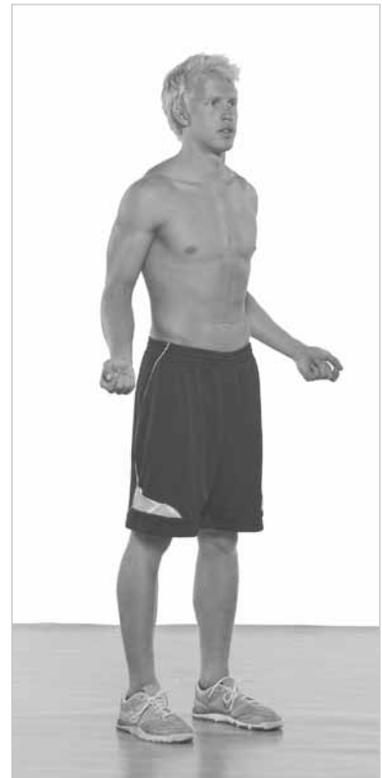
## Shadow Jumping

DIFFICULTY ★☆☆☆☆

INTENSITY ★☆☆☆☆

*Shadow jumping is the ultimate in easy jumping. There’s no rope to trip you up, no need for coordination, no timing of jumping the rope and no worry about hand position. Just start jumping. That means there’s never an excuse for not jumping, either.*

**1** Stand erect with your feet approximately shoulder-width apart, knees slightly bent and arms extended along your sides. Throughout the movement your weight should be distributed evenly on the balls of both feet. Pretend to grab the handles of a jump rope and hold them at your sides. You’ll use a pretend jump rope throughout the exercise.

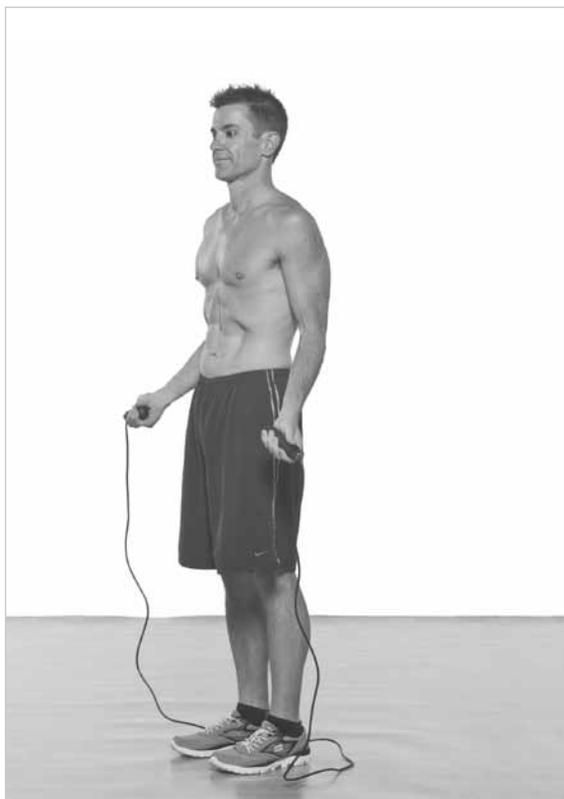


## Basic Jump

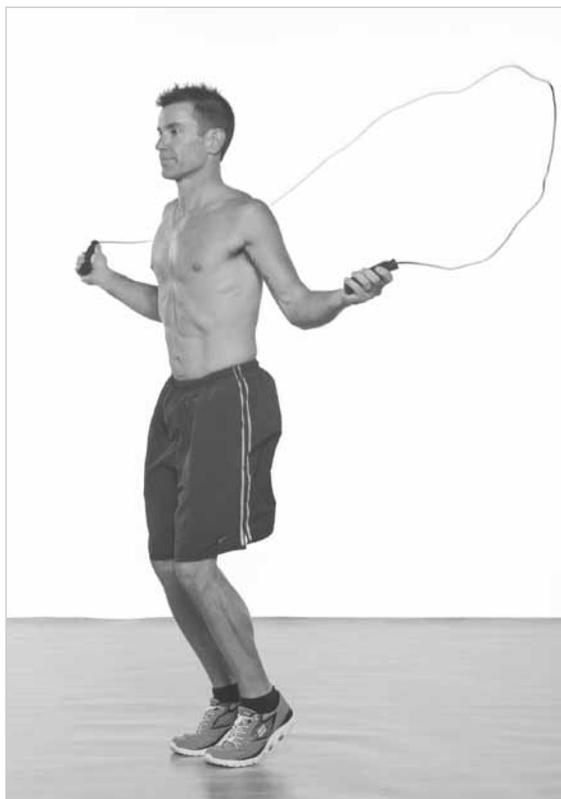
DIFFICULTY ★★☆☆☆

INTENSITY ★★☆☆☆

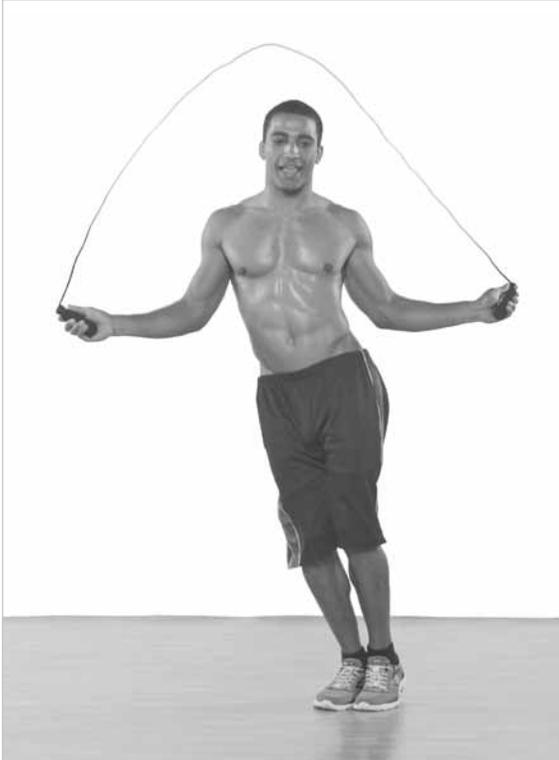
*This is the jump that immediately comes to mind when someone says “jumping rope.” Everyone should start with this move since nearly every advanced jump in this program is based on the easiest-to-master jump. Once you learn the proper technique and get your rhythm down, this is the (excuse the pun) jumping-off point to move up to the more advanced jumps. Just because it’s “basic” doesn’t mean it’s inferior by any means— this jump will work your legs, glutes and core and also tax your cardiovascular system to burn calories and fat efficiently and effectively.*



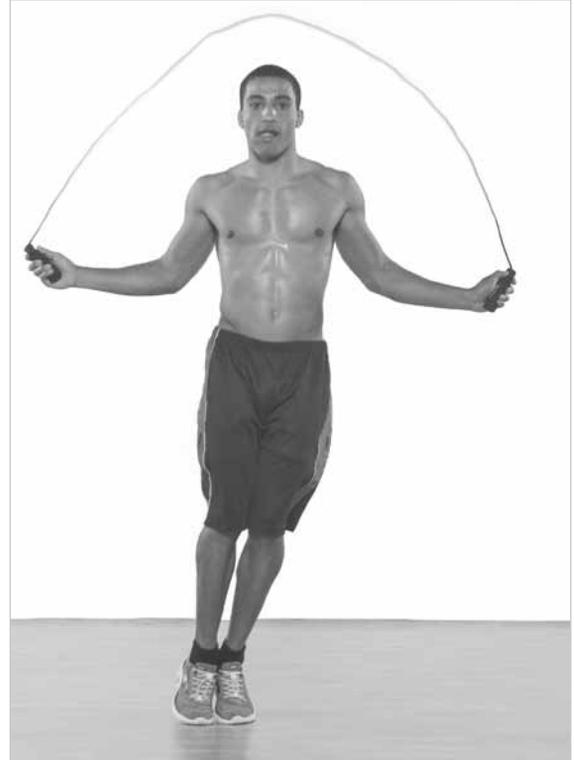
**1** Stand erect with your feet approximately shoulder-width apart, knees slightly bent and arms extended along your sides. Throughout the movement your weight should be distributed evenly on the balls of both feet. Grip the jump rope handles using a classic grip. Extend the apex of the jump rope loop on the ground behind your feet.



**2** Rotate your wrists forward to swing the rope overhead. The first movement from a dead stop will require more arm and shoulder movement, but as you progress on subsequent jumps, your arms should remain in a semi-static downward position along the sides of your body and your hands should rotate in small arcs.



both feet, approximately 2 to 6 inches (farther is harder) from your starting point, as the rope passes underneath. Land on the balls of both feet and bend your knees slightly to cushion the impact while continuing to rotate your wrists and swing the rope in an arc from back to front.

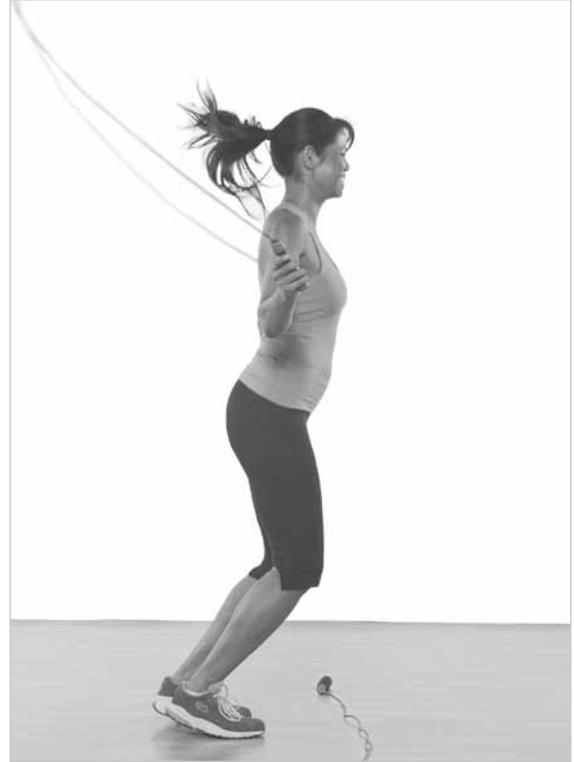


**4** As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, jump laterally to the opposite side approximately 2 to 6 inches (farther is harder), returning to your starting point as the rope passes underneath. Your upper body remains relatively static, not moving too much. Your feet do most of the traveling and lead the way.

**TIP:** Start small. The longer your jump, the harder the exercise. As you find your rhythm, you'll get into a flow and find you're jumping back and forth with ease.



inches (farther is harder) from your starting point with both feet as the rope passes underneath. Land on the balls of both feet and bend your knees slightly to cushion the impact while continuing to rotate your wrists and swing the rope in an arc from back to front.



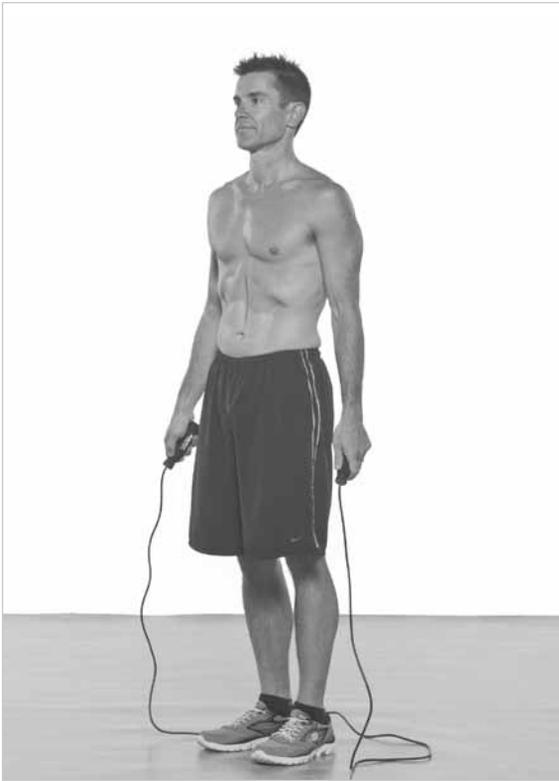
**4** As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, jump backward approximately 2 to 6 inches (farther is harder), returning to your starting point as the rope passes underneath. Your upper body remains relatively static, not moving too much. Your feet do most of the traveling and lead the way.

## Ali Step

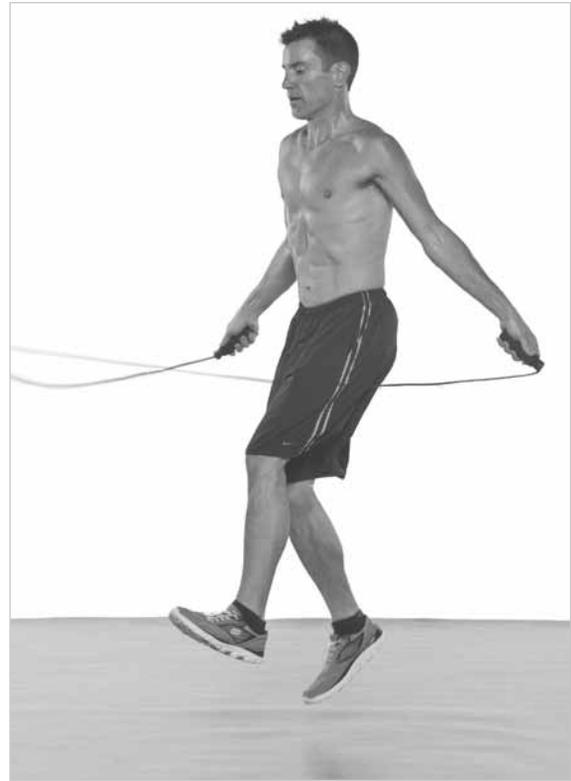
DIFFICULTY ★★★★★☆

INTENSITY ★★★☆☆☆

*This iconic heel-to-toe jump was made famous by boxer Muhammad Ali. The Ali Step develops coordination and is a great way to blast through calories without being too tough on the body.*

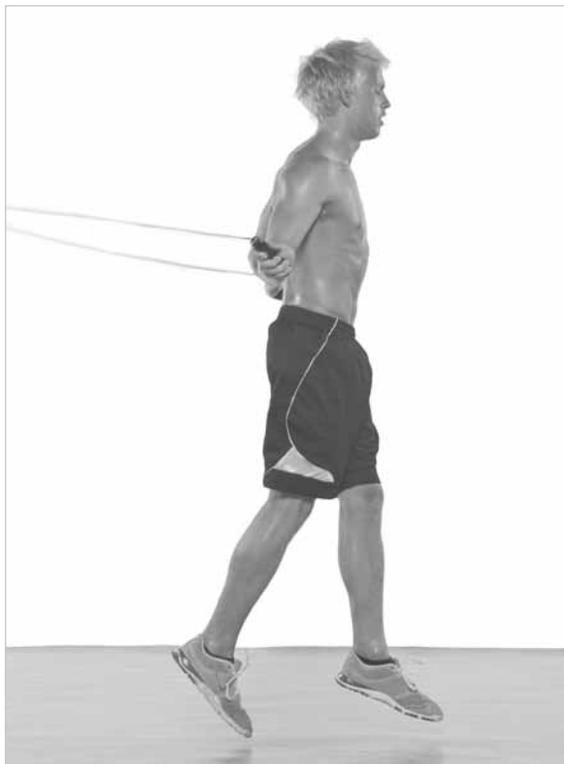


**1** Stand erect with your feet approximately shoulder-width apart, knees slightly bent and arms extended along your sides. Throughout the movement your weight should be distributed evenly on the balls of both feet. Grip the jump rope handles using a classic grip. Extend the apex of the jump rope loop on the ground behind your feet.



**2–3** Rotate your wrists forward to swing the rope overhead. Your arms should remain in a semi-static downward position along the sides of your body and your hands should rotate in small arcs. As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, hop on your right foot and touch your

**TIP:** Start small. The longer the separation between your feet, the harder the exercise.

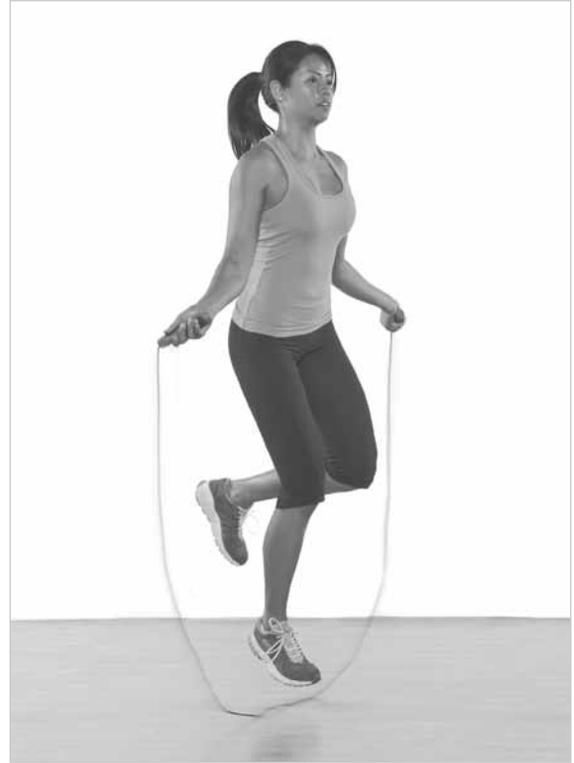


**3** As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, jump your right foot backward approximately 4 inches (moving past your starting point) and simultaneously jump your left foot forward 4 inches. Your feet have now traded places in one jump. The Scissor never returns to the starting position until you're done. Your feet travel past neutral on each jump, trading places on each swing of the rope.

**TIP:** Go easy. You're beginning to stress one leg more than the other and patience is a virtue in this case. Build up to long jumps. Let your body adapt.



simultaneously bring your left foot to the ground. Tuck your right foot under your body in a runner's pose. Land on the ball of your left foot and bend your knee slightly to cushion the impact while continuing to rotate your wrists and swing the rope in an arc from back to front.

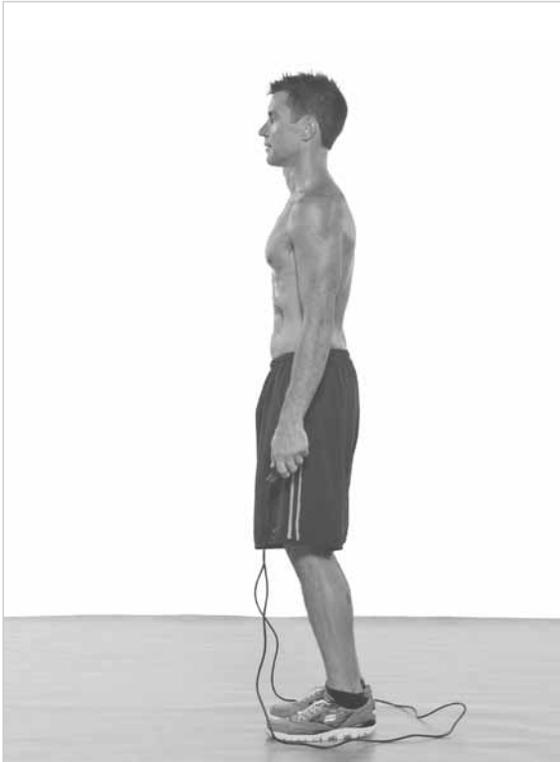


**4** As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, jump off your left foot and simultaneously bring your right foot to the ground, returning to starting position.

# Double Under

DIFFICULTY ★★★★★☆ INTENSITY ★★★★★★

*This is the Basic Jump (page 60) on steroids. The rope travels underneath your body twice per jump. That's right, twice. Give this jump 20 jumps and you'll have sweat pouring out of places you never knew you had!*

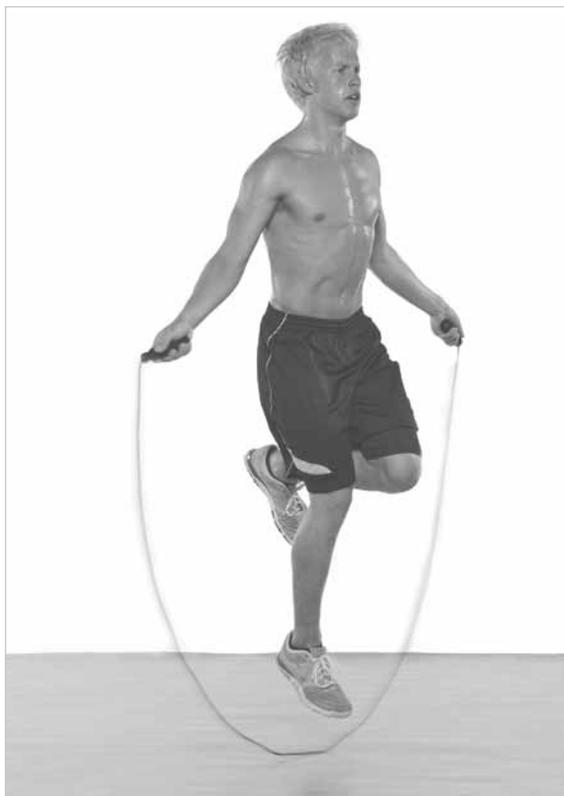


**1** Stand erect with your feet approximately shoulder-width apart, knees slightly bent and arms extended along your sides. Throughout the movement your weight should be distributed evenly on the balls of both feet. Grip the jump rope handles using a classic grip. Extend the apex of the jump rope loop on the ground behind your feet.

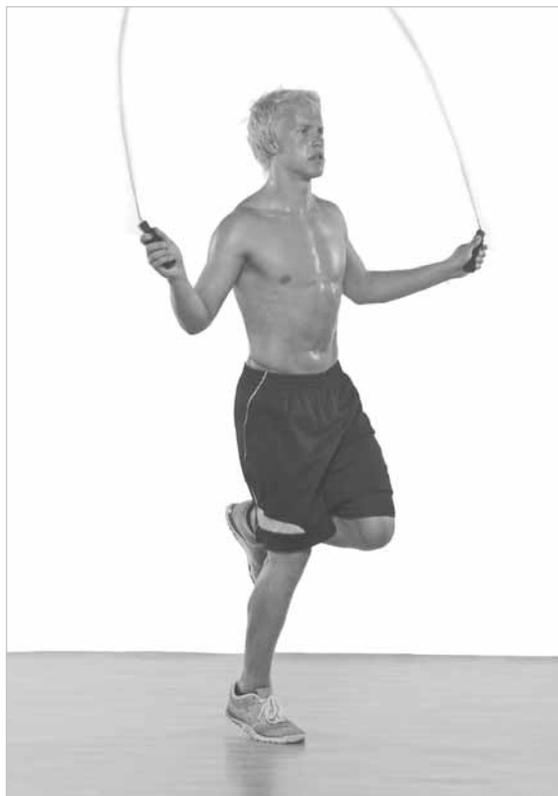


**2** Rotate your wrists forward to swing the rope overhead. Your arms should remain in a semi-static downward position along the sides of your body and your hands should rotate in small arcs. As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, jump straight up approximately 6 to 8 inches off the floor with both feet as the rope passes underneath.

**TIP:** Go easy. Single-Leg Hop really taxes your legs and you'll need to develop some serious strength in your legs to complete long jump sequences. Be patient and let your body adapt.



**2–3** Rotate your wrists forward to swing the rope overhead. Your arms should remain in a semi-static downward position along the sides of your body and your hands should rotate in small arcs. As the apex of the rope's loop approaches the ground in front of your body and is 6 inches away from your toes, jump off your right foot. Keep your



left foot tucked under your body. Land on the ball of your right foot and bend your knee slightly to cushion the impact while continuing to rotate your wrists and swing the rope in an arc from back to front.

Once you've done the prescribed number of reps on your right leg, switch to jumping with your left.



# I APPENDIX

# Warming Up

Properly warming up the body prior to any activity is very important, as is stretching post-workout (see page 89). Please note that warming up and stretching are two completely different things: A warm-up routine should be done before stretching so that your muscles are more pliable and able to be stretched efficiently. You should not “warm up” by stretching; you simply don’t want to push, pull or stretch cold muscles.

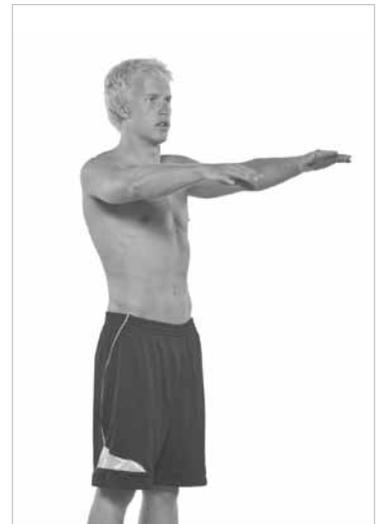
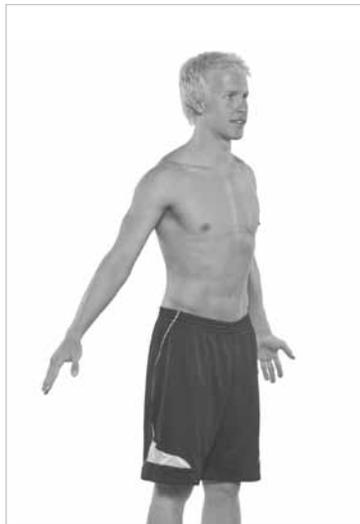
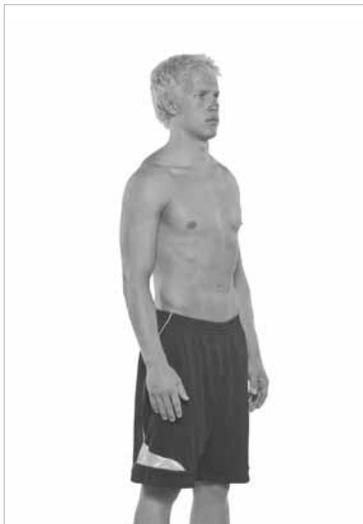
## Hip Circles

**1** Stand with your feet shoulder-width apart. Engage your core, making sure you have some tension in your upper and lower abdominals as well as lower back. Slowly circle your hips to the right. Make a full revolution, returning back to starting position. Repeat 10–20 times.

**2** Slowly circle your hips to the left. Make a full revolution, returning back to starting position. Repeat 10–20 times.



## Arm Circles



**1** Stand with your feet shoulder-width apart.

**2–3** Move both arms in a complete circle forward 5 times and then backward 5 times.

# Stretching

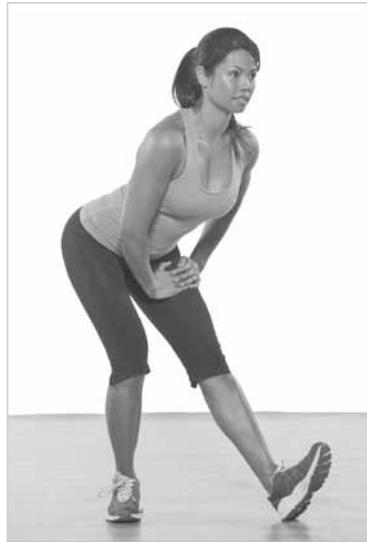
Stretching should generally be done after a workout. It'll help you reduce soreness from the workout, increase range of motion and flexibility within a joint or muscle and prepare your body for any future workouts. Stretching immediately post-exercise while your muscles are still warm allows your muscles to return to their full range of motion (which gives you more flexibility gains) and reduces the chance of injury or fatigue in the hours or days after an intense workout. It's important to remember that even when you're warm and loose, you should never "bounce" during stretching. Keep your movements slow and controlled.

# Recommended Stretches

## Standing Hamstring Stretch

**THE STRETCH:** Stand with both feet together. Step your left foot forward 10 to 12 inches in front of your right foot with your heel on the floor and your toes lifted. With your abdominals engaged, bend your right knee slightly and lean forward from your hips, not your back or shoulders. You may need to rotate the toes of your right foot slightly outward to maintain balance and get a deep stretch. Keeping your shoulders back (don't round them to get a deeper stretch), place both hands on your left leg at the thigh and hold for 15–30 seconds.

Switch sides.

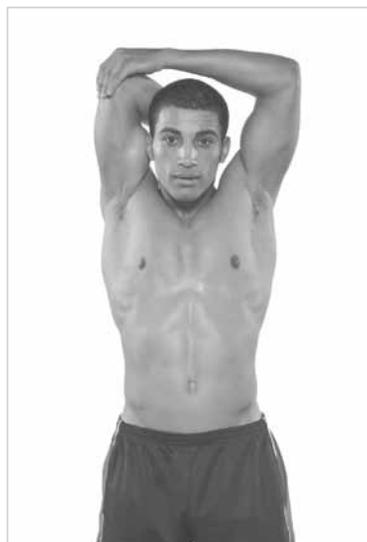


**TIP:** Don't place your hands on your knee as the additional force can cause damage by hyperextending the joint.

## Behind-the-Head Shoulder Stretch

**THE STRETCH:** Stand with your feet shoulder-width apart. Maintaining a straight back, grab your elbows with the opposite hand. Slowly raise your arms until they're slightly behind your head. Keeping your right hand on your left elbow, drop your left hand to the top of your right shoulder blade. Gently push your left elbow down with your right hand, and hold for 10 seconds.

Rest for 10 seconds and then repeat with opposite arms.



# Additional Exercises

Jumping rope is an extremely efficient exercise for shredding your body while building endurance and flexibility. In order to create a well-balanced training program for total-body fitness, we've added some plyometric moves to build explosive power in your legs and a dozen quality core-strengthening exercises. The Prep, Basic and Advanced programs are designed for maximum fat burning using high-intensity supersets that'll have you working your entire body through a full range of motion.

# Squat Jump



**1** Stand tall with your feet shoulder-width apart and toes pointed slightly outward, about 11 and 1 o'clock. Extend your arms along both sides with your palms facing your hips. Bend at your hips and knees and "sit back" just a little bit as if you were about to sit directly down into a chair. Keep your head up, eyes forward and arms extended so your hands nearly touch the floor. As you descend, contract your glutes while your body leans forward slightly so that your shoulders are almost in line with your knees. Your knees should not extend past your toes and your weight should be slightly forward of a normal squat—between the middle of your foot and forefoot. Stop when your knees are at 90 degrees and your thighs are parallel to the floor.

**2** In a rapid motion, straighten your legs and jump straight up while you push off of the balls of your feet in an attempt to jump as high as you can. Swing your hands directly overhead while extending your arms to reach as high as possible.

With your knees bent, land in a controlled manner and continue your downward momentum to prepare for the next repetition.

That's 1 rep.



# Bird Dog

*The Bird Dog is an excellent exercise for developing abdominal and hip strength and flexibility, and also for working your lower back by stabilizing your spine throughout the movement.*



**1** Get on your hands and knees with your legs bent 90 degrees, knees under your hips, toes on the floor and your hands on the floor directly below your shoulders. Keep your head and spine neutral; do not let your head lift or sag. Contract your abdominal muscles to prevent your back from sagging; keep your back flat from shoulders to butt for the entire exercise.



**2** In one slow and controlled motion, simultaneously raise your left leg and right arm until they're on the same flat plane as your back. Your leg should be parallel to the ground, not raised above your hip; your arm should extend directly out from your shoulder and your biceps should be level with your ear. Hold this position for 3–5 seconds and then slowly lower your arm and leg back to starting position.

That's 1 rep. Repeat on the other side.

# Leg Lift

*These are commonly called scissors or flutter kicks, and are a great way to isolate your abs.*

**1** Lie flat on your back with your legs extended along the floor and your arms along your sides, palms down. Contract your lower abdominal muscles and lift your feet 6 inches off the floor. Hold for 3 seconds.



**2** While keeping your left foot in place, lift your right foot 6 inches higher (it should now be 12 inches off the floor). Hold for 3 seconds.

**3** Simultaneously lower your right leg back to 6 inches off the floor while raising your left foot 6 inches higher. Hold for 3 seconds.

This counts as 2 reps.



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—Brett

Thank you to my mother, Sandra Warner, for instilling in me the love of fitness and healthy living. Special thanks to Brett Stewart, my coauthor and friend, for being there through the years on our fitness journey.

—Jason

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