



# 21 CHALLENGE

## JUMP ROPE WORKOUTS



SKIP THE LONG CARDIO  
AND JUMP ROPE  
YOUR WAY TO  
**FAT LOSS**

SHAWNA KAMINSKI CPT, CTT, BKIN, BEE  
ШАННА КАМИНСКИ СЪТ, СТТ, ВКИН, БЕЕ

## Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

# Welcome to Challenge Jump Rope

I'm a skipping fool and hope to share my love of my jump rope with you. I actually never leave home without my jump rope. I travel a lot and my jump rope is my trusty companion that I use in gyms and hotel rooms where ever I go. Jumping rope helps increase body awareness and hand and foot coordination and a LOT more:

## Jump Rope Benefits

The jump rope is one of the most effective 'tools' that can be used for fat loss. I'd gladly trade any cardio machine in for a quality jump rope. By strategically fitting in intervals of skipping, you can burn fat and build and tone muscle all at once. You'll utilize my [Challenge Fat Loss](#) principle of M2A – muscle metabolism acceleration.

M2A get your metabolism fired up two ways. Let me explain....

The first way to fire up your metabolism is to increase muscle tone. Notice I said muscle 'tone' and not muscle 'mass'. Honestly, if building gobs of muscle is your goal, this is unlikely to happen. You WILL build some muscle however. The best way to notice this is by reducing your subcutaneous fat so your muscles become more visible.

Everyone wants that right?

How does more muscle increase your metabolism? Muscle is metabolically active and requires more calories to function, even at rest. Add muscle to your frame and you automatically increase your caloric needs. The person with more muscle will burn more calories at rest than their counterpart who has less muscle. One study found that muscle contributes approximately 22% of their test subjects resting energy expenditure, while fat only contributed 4%.

**1. Gallagher D, et al, American Journal of Physiology. August 1998;275(2 Pt 1):E249-58.**

To tie in the above, any activity that takes place in the human body requires the use of energy, which causes calories to be burned. With that being stated, let's connect some dots here showing that muscle is more active than fat requiring the use of more energy. Developing muscle (known as hypertrophy) and maintaining muscle requires a very large amount of energy related to the process of building the muscle initially and repairing/developing the muscle as resistance training is added. As you add resistance training and develop muscle, protein synthesis (the process that helps muscles repair and grow in size) must occur after your workout/at rest. The Challenge Fat Loss program utilizes resistance training, which continuously causes your muscles to breakdown, repair, and grow on a

day-to-day basis. This utilizes energy/calories to allow your body to burn more calories even at rest.

Think of it this way, skeletal muscle makes up around 40% of the body on an average person, as you add total body resistance training, you are developing the size and lean mass of all of that muscle on a consistent basis requiring continued energy use to repair and rebuild this muscle. This causes your muscles (the more muscle you have the better obviously) to burn calories for you all day every day. As you follow the Challenge Fat Loss Program, your body is getting rid of unwanted fat by converting/condensing that tissue to lean muscle, which burns calories and fat both during and after your workout ALL the time.

**Powers, Scott K. (Scott Kline), Exercise physiology: theory and applications to fitness and performance/ Scott K. Powers, Edward T. Howley. – 6<sup>th</sup> ed.**

You want muscle, not just for muscle sake, that is for it's sexy good looks. You want muscle to help get and keep you lean and healthy.

You will gain muscle and get stronger with these workouts. Increased strength initially comes from nervous system innervation of your muscles (that is, your body 'learning' new movement patterns). It is concluded that a large part of the improvement in the ability to lift weights was due to an increased ability to coordinate other muscle groups involved in the movement such as those used to stabilize the body.

**O. M. Rutherford, D. A. Jones, The role of learning and coordination in strength training, European Journal of Applied Physiology and Occupational Physiology  
April 1 1986, Volume 55, Issue 1, pp 100-105**

Of course you will gain tone and strength from challenging your muscles so that they will need to grow to meet the challenges you place on them. This is one of the reasons every workout is different. Your goal is to constantly confuse your body so it never quite 'adapts' to the challenges you give it. Once your body adapts, your progress stops and you do nothing more than maintain. Maintenance isn't a bad thing if you feel you've 'arrived' at your fitness and fat loss goal.

But no one has really 'arrived' have they? Like anything, you're either growing or dying, it's hard to stay put in one place and it's a slippery slope to fitness decline if you plan on 'maintaining' your fitness level.

A second way to fire up your metabolism is by something called 'afterburn' or EPOC (post exercise oxygen consumption). Studies prove that with high intensity workouts, your body will continue to burn more calories even when you stop exercising.

In fact, EPOC was measurable 38 hours after completing exercise.

**Schuenke MD, Mikat RP, McBride JM (March 2002). "Effect of an acute period of resistance exercise on excess post-exercise oxygen consumption: implications for body mass management". *European Journal of Applied Physiology* 86 (5): 411–7**

This only occurs with intense training and will not happen when you plod on a cardio machine for hours. A good sign that you're setting yourself up for EPOC is you're feeling hot and sweaty during your workout. Feeling energized and alert after you train is also a benefit and can be attributed to increased metabolism.

Jumping rope is all about M2A.

Another great benefit of using a jump rope during exercise is **increased cardiovascular fitness**. Your cardiovascular system involves your heart and the arteries and veins that bring blood and oxygen to and from the heart and the rest of the body--and therefore, by improving the ability of this system to work, you will not only have a greater ability to perform your daily tasks, but you'll become less breathless during exercise as well. Jump rope really ups your fitness game so you can take on bigger and better challenge workouts.

In addition to increasing muscle tone in the upper body, legs and especially calves, high-intensity jump rope workouts also can help increase your bone mineral density, which increases the overall strength of your bones. Each time your feet strike the ground as you jump over the rope, or change the directions you jump to back and forth or left and right, you place stress on the bones. Your body senses this stress and sends cells called osteoblasts to increase the strength of the stressed area of bone. This is a protective measure to help your bones better deal with the stress during future jump rope sessions. When you jump rope on a regular basis, you help combat the natural loss of bone strength as you age, along with bone-related issues such as osteoporosis.

## **Jump Rope Tips**

Here are some tips to successful jump roping:

**Choose wisely:** My favorite jump rope is plastic with foam covered hard plastic handles. I've used wooden handled ropes, leather ropes, beaded ropes, cloth ropes, weighted handled ropes, but my all time favorite is a simple plastic rope for under \$10. The plastic and leather ropes are more unforgiving: they sting when you miss and you're going 'pepper'. The cloth ropes are slow and 'float' too much for my liking. These are the most forgiving for beginners.

**Use your balls:** Try to softly jump up and down on the balls on your feet. Your calves will get a workout since your heels shouldn't touch the ground.

**Don't get high:** Your goal is to jump efficiently. Stay low, about one quarter of an inch off the ground. You can't establish a good rhythm if you're jumping too high and you'll burn out quickly. My goal is for you to become better skilled at jump roping so you can take on fun steps and challenges. Relax and get into a rhythm.

**No swimming allowed:** Your goal is to jump rope, not do the butterfly stroke in the pool. The key to successful arm action is all in the wrists. The shoulders and arms should be relaxed and the rotation all comes from the wrists.

**Length is everything:** If you bisect the jump rope by putting it under your feet, the handles should reach your sternum or armpits. Much higher, or lower will affect the rhythm and make jumping rope much harder. If the rope falls short of your armpits, the rope will not hit the ground as it passes under your feet when you jump. If the rope comes up well past your armpits, you may trip on the extra length and the rope may become tangled as you jump. The jump rope should tick the ground each revolution, which also makes it easier to count reps and get in a rhythm.

In general you can follow a basic chart to determine the correct jump rope length for your height. Someone less than 4 feet 10 inches tall uses a 7-foot jump rope. If you are over that height, but under 5 feet 3 inches, use an 8-foot rope. A 9-foot rope fits someone 5 feet 4 inches tall to 5 feet 10 inches tall. If you are between 5 feet 11 inches and 6 feet 6 inches, a 10-foot rope should work. You will need an 11-foot rope if you are taller than 6 feet 6 inches.

**Get Low:** When jumping rope, keep the arms down, the wrists should be just above the waistline and close to your sides.

**Find your groove:** Rhythm is important and takes time and practice. You'll find a natural groove or rhythm as you become more experienced at jumping rope. Don't force it, relax. The more you relax, the more efficient you become at jumping rope, the harder you can push yourself with challenging workouts.

**One jump at a time:** Learning to jump rope takes some practice and some patience, but it's well worth the effort. Not only will you look super fit jumping rope, it will MAKE you super fit as well. The highest intensity workout involves one jump each time the rope passes. Slowing the rope to adding an extra little jump reduces the intensity, this is fine as you learn and become a more efficient jump roper.

**Beginner Tip: Learn the wrist action first.** Hold both handles in one hand. Keep them just a little higher than the waist. Do a rope swing on one side of your body. Listen for the rope to touch and add a hop every time the rope skims the

floor. Do the same with the opposite hand. Basically you begin to jump rope without the rope going under your feet.

**Beginner Tip: Do a walking skip.** Start off walking forward and bring the rope up and over your head, naturally step over the rope as you walk, without breaking stride. Gradually increase the speed of your walk and rope swing.

**Practice, practice, practice.** You need to put in some time with your rope. At first, unless your skipping is massively inefficient (in which case it's somewhat exhausting), your first skipping workouts are less than a workout since you'll be constantly missing the rope and having to stop. But, like anything, your jump rope skills will improve over time. Stick with it.

### **A word about warming up...**

It goes without saying that whether you're doing a full Challenge Jump Rope Workout or just a Challenge Jump Rope Finisher, you need to be fully warmed up. You'll want to take 3-5 minutes to do the following warm up, or do something similar on your own:

#### **Bodyweight Warm-up**

Go through the superset using a slow tempo for each exercise. Do not rest.

- Jumping Jacks – 20 reps
- Leg Swings – 20 reps per side
- Prisoner Lunge – 8 reps per side
- Spiderman Climb – 8 reps per side
- Wall Stick-up – 8 reps
- Close-Grip Pushups – 8 reps
- Easy jump rope 50 reps

#### **Cool your jets**

You'll want to add some gentle stretches after your workout is done. Make sure to stretch your calves out in particular. Stand on a stair and let your heels drop. Do NOT bounce. Let gravity do the work on the calf stretches or any passive stretch for that matter. Refer to the Challenge Jump Rope Bodyweight exercise library for photos of general stretches.

## A word about jump rope:

I give you lots of different jumping steps to do through out the program, but seriously, all you need to do is JUMP THE ROPE. Work at the pace and intensity that you can and work to continually increase intensity. Your jump rope skills WILL get better. Towards the end of any workout, if you're spending more time untangling the rope, switch over to other HIIT options like:

- Full body extension
- Mountain climber
- Squat jump
- Burpee
- Skater
- Stationary sprint
- Phantom skip

Please note **'freestyle'** jump roping is ANY kind of jump rope skip. Do your own thing!

Do I really need to mention what **'PEPPER'** is? For those of you that weren't skipping on the school yard, 'pepper' is your fastest skip possible. The saying goes: *'pitch, patch, PEPPER!'*

(Who wouldn't want to go fast with that command? ;)

**Active recovery:** If you want to keep moving, but have little jump left, switch to the 'cross cross hop' option or the 'rope swing' option.

The 'cross cross hop' is basically making a figure 8 pattern with the rope (one loop on either side of the body), then opening up the rope and doing ONE hop. You can add a hop to this so that you'd swing the rope on either side of the body once each side, and then do two hops (or however many you feel you can do). This helps you keep the skipping rhythm, but lowers the intensity of full on skipping.

The 'rope swing' option is simply feet still, swing the rope in a figure 8 pattern doing one circle on either side of the body till you catch your breath.

# Challenge Jump Rope – Bodyweight Workouts

## Challenge Jump Rope Workout #1

### Prisoner Dash Count Down

- Skipping: Sprint forward 5 meters/hop back to start 5 times
- 10 prisoner squats
- Skipping: Sprint forward 5 meters/hop back to start 4 times
- 8 prisoner squats
- Skipping: Sprint forward 5 meters/hop back to start 3 times
- 6 prisoner squats
- Skipping: Sprint forward 5 meters/hop back to start 2 times
- 4 prisoner squats
- Skipping: Sprint forward 5 meters/hop back to start 1 time
- 2 prisoner squats

Optional: work back up the ladder to where you started.

## Challenge Jump Rope Workout #2

### Pain in the Arse

Set your timer for 30 seconds work/5 seconds transition for 21 sets.

- Skipping: double foot side to side 30 seconds
- Skater 30 seconds
- Body weight 1 ½ squat 30 seconds
- Skipping: single foot side to side 30 seconds
- Plié squat jumps 30 seconds
- 3 point kneeling fire hydrant 30 seconds
- 3 point kneeling fire hydrant (other side) 30 seconds

Repeat circuit three times

## Challenge Jump Rope Workout #3

### Quads of Fire

Set your timer for 20 seconds work/10 seconds work (no transition time) for 24 sets.

- Squat in out hops (rope overhead) 20 seconds
- Squat hold (rope overhead) 10 seconds
- Freestyle skip 20 seconds
- Rest 10 seconds

Repeat circuit 12 times

## **Challenge Jump Rope Workout #4**

### **Dash of Pepper Count Down**

- Skipping: Sprint forward 5 meters/hop back to start 3 times
- Skipping: Pepper 30 rotations
- Spiderman crawl push ups 10 reps (each push up is a rep)
  
- Skipping: Sprint forward 5 meters/hop back to start 3 times
- Skipping: Pepper 30 rotations
- Spiderman crawl push ups 8 reps (each push up is a rep)

Count down on the spider crawl push ups (10 8, 6, 4, 2) to get to this set:

- Skipping: Sprint forward 5 meters/hop back to start 3 times
- Skipping: Pepper 30 rotations
- Spiderman crawl push ups 2 reps (each push up is a rep)

Optional: count back up the ladder

## **Challenge Jump Rope Workout #5**

### **Rotisserie**

Set your timer for 30 seconds work/5 seconds transition for 24 sets.

- Skipping: forward backward two feet 30 seconds
- Front plank 30 seconds
- Skipping: high knees 30 seconds
- Side plank 30 seconds
- Skipping: high knees 30 seconds
- Side plank (other side) 30

Repeat circuit four times

## **Challenge Jump Rope Workout #6**

### **Bulgarian Skipper**

Set your timer for 30 seconds work/5 seconds transition for 24 sets.

- Skipping: Alternate two hops/foot 30 seconds
- Jumping alternate lunge (or reverse alternate lunges) 30 seconds
- Bulgarian split squat prisoner arm position 30 seconds
- Bulgarian split squat prisoner arm position 30 seconds
- Skipping: Mary Katharine's 30 seconds
- Front plank recovery 30 seconds

Repeat circuit four times

## **Challenge Jump Rope Workout #7**

### **Had a Little Sports Car 1948**

Set your timer for 12-15 minutes. Get done as much work as you can in that time.

Count down:

- Skipping: 10 double unders
- 10 prisoner squats
- 10 per side get ups
  
- Skipping: 9 double unders
- 9 prisoner squats
- 9 per side get ups
  
- Skipping: 1 double under
- 1 prisoner squats
- 1 per side get ups

\*If you can't do double unders, try your best with 30 seconds of jump rope each round.

## **Challenge Jump Rope Workout #8**

### **I See London I See France**

Set your timer for 12-15 minutes. Get done as much work as you can in that time.

Start with 30 seconds of freestyle skipping, then do:

- 10 box jumps
- 10 decline push ups
- 10 prisoner squats

Repeat 30 seconds of freestyle skipping, then do:

- 9 box jumps
- 9 decline push ups
- 9 prisoner squats

Continue pattern until you get to:

30 seconds of freestyle skipping, then do:

- 1 box jump
- 1 decline push up
- 1 prisoner squat

## **Challenge Jump Rope Workout #9**

### **3 Blind Mice**

Do the following AMRAP style for 12-15 minutes:

- 30 skips (freestyle)
- 3 reverse prisoner lunges per leg
- 3 per side RDL (with rope overhead)
- 3 push ups

## **Challenge Jump Rope Workout #10**

### **A My Name is Alice**

Set your timer for 2 minutes of work/1 minute of work:

- Skipping: freestyle 2 minutes
- Prisoner squats 1 minute
- Skipping: freestyle 2 minutes
- Push up shoulder touch 1 minute
- Skipping: freestyle 2 minutes
- Side plank 30 sec each side

Repeat circuit two times

## **Challenge Jump Rope Workout #11**

### **Walk This Way**

- Skipping: Sprint forward 5 meters/hop back to start 5 times
- 5 walking push ups per arm
- 5 walking prisoner lunges

Repeat circuit five times

## **Challenge Jump Rope Workout #12**

### **Miss Mary Mac**

Set your timer for 30 seconds work/5 seconds transition for 25 sets.

- Skipping: freestyle 30 seconds
- Wall sit stick up 30 seconds
- Skipping: freestyle 30 seconds
- Prisoner squat (add jump to intensify) 30 seconds
- Plank recovery 30 seconds

Repeat circuit five times

### **Challenge Jump Rope Workout #13**

#### **Dogs Don't Skip**

Set your timer for 30 seconds work/5 seconds transition for 24 sets.

- Skipping: single foot side to side 30 seconds
- Skipping: running on the spot 30 seconds
- 3 point kneeling fire hydrant 30 seconds
- 3 point kneeling fire hydrant 30 seconds
- Skipping: single foot side to side 30 seconds
- Skipping: running on the spot 30 seconds
- Gets ups 30 seconds
- Plank 30 seconds

Repeat circuit three times

### **Challenge Jump Rope Workout #14**

#### **Teddy Bear Teddy Bear**

Set your timer for 12-15 minutes. Get done as much work as you can in that time.

Count down 10 to one rep:

- Double jump burpee
- Cross cross hop
- Regular burpee
- Rope swing figure 8 (both sides = one)
- Skipping: easy skip 30 rotations

### **Challenge Jump Rope Workout #15**

#### **Peel a Banana**

Set your timer for 30 seconds work/5 seconds transition for 28 sets.

- Skipping: single heel toe
- Skipping: single heel toe (other side)
- Super man banana
- Skipping: single heel toe
- Skipping: single heel toe (other side)
- Side plank
- Side plank (other side)

Repeat circuit four times

## **Challenge Jump Rope Workout #16**

### **Cinderella – Dressed in Yellow**

Set your timer for 12-15 minutes. Get done as much work as you can in that time.

Skipping: 30 seconds of pepper then count down:

- 20 wall sit marches
- 20 push ups
- 20 prisoner squats

Skipping: 30 seconds of pepper then count down:

- 18 wall sit marches
- 18 push ups
- 18 prisoner squats

Continue until you get to:

Skipping: 30 seconds of pepper then count down:

- 2 wall sit marches
- 2 push ups
- 2 prisoner squats

## **Challenge Jump Rope Workout #17**

### **Double Down**

Set your timer for 12-15minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder.

Count down the following exercises:

- Skipping: 100 freestyle skips
- 10 pull ups (wall sit stick ups)
- 10 prisoner squats
- Skipping: 10 double unders
- 10 spiderman push ups (per side)
- 10 prisoner squats
  
- Skipping: 90 freestyle skips
- 9 pull ups (wall sit stick ups)
- 9 prisoner squats
- Skipping: 9 double unders
- 9 spiderman push ups
- 9 prisoner squats
  
- Skipping: 10 freestyle skips
- 1 pull up (wall sit stick ups)
- 1 prisoner squat
- Skipping: 1 double unders
- 1 spiderman push ups
- 1 prisoner squats

## **Challenge Jump Rope Workout #18**

### **Engine Engine #9**

Equipment (optional): pull up bar

Do the following AMRAP style for 12-15 minutes:

- Skipping: 9 rope cross overs
- Skipping: 9 per leg butt kicks
- 9 hanging leg raises (or prone leg raises)
- Skipping: 9 rope cross overs
- Skipping: 9 per leg butt kicks
- 9 per side shoe touches
- Skipping: 9 rope cross overs
- Skipping: 9 per leg butt kicks
- 9 per side plank reach

## **Challenge Jump Rope Workout #19**

### **Strawberry Shortcake**

Equipment (optional): pull up bar

Do the following AMRAP style for 12-15 minutes:

- Skipping: freestyle 30 seconds or 50 reps
- 5 Hanging leg raises
- Skipping: freestyle 30 seconds or 50 reps
- 4 Prisoner reverse lunges (per leg)
- Skipping: freestyle 30 seconds or 50 reps
- 3 push ups
- Skipping: freestyle 30 seconds or 50 reps
- 2 pull ups
- Skipping: freestyle 30 seconds or 50 reps
- 1 burpee pull up

## **Challenge Jump Rope Workout #20**

### **Man Up to the Pull Up Bar**

Equipment (optional): pull up bar, box or step

Set your timer for 12-15 minutes. Get as much work done as possible, if you count down to 1 rep and have time remaining, start to count back up the ladder.

- Start with 1 minute of freestyle skipping then do:
  - 10 decline push ups (or regular push ups)
  - 10 burpee pull ups (or burpees)
  - 10 prisoner lunges (per leg)
- Repeat 1 minute of freestyle skipping then do:
  - 9 decline push ups
  - 9 burpee pull ups
  - 9 prisoner lunges (per leg)
- Continue 1 minute of freestyle skipping until you get to:
  - 1 decline push up
  - 1 burpee pull up
  - 1 prisoner lunge (per leg)

## **Challenge Jump Rope Workout #21**

### **Giddy Up**

Equipment (optional): pull up bar

Do the following exercises AMRAP style for 12-15 minutes:

- Skipping: 30 running on the spot steps
- 5 pull ups (wall stick ups)
- Skipping: 10 double unders
- 5 chin ups (decline push ups)
- Skipping: 30 alternate two hops/foot
- 5 hanging leg raises (prone leg raises)