

# JUMP ROPE HIIT WORKOUT

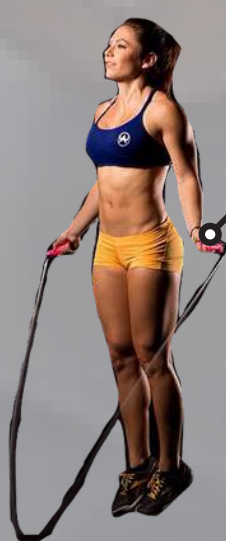
The simple workout routine.



## Intermediate

Work for 45 secs, then rest 15 secs and repeat for 8 rounds.

Heart rate around 90% of max



- Round 1&5: Max Jump ropes

- Round 2&6: Max Push-ups
- (On knees is fine)



- Round 3&7: Max Squat's

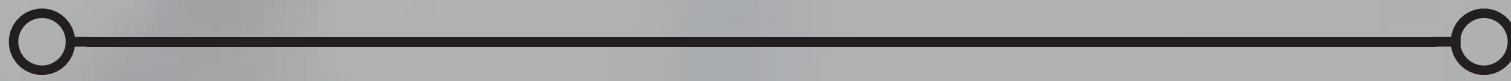
- Round 4&8: Max Mountain Climbers



## Advanced

Work for 20 secs, then rest 10 secs and repeat for 8 rounds

Heart rate around 95-100% of max



- Round 1,3,5,7: Max double under
- jump rope passes twice below our feet.

- Round 2,4,6,8: Max Burpees

