

Jump Rope Sequence

1. **2 foot hop**- Jump in place with both feet together for 1 full minute (you make at least 100 jumps per minute...do them faster if you can)
2. **2 foot side to side**- Jump with both feet together, jump laterally back and forth for 1 full minute.
3. **2 foot front to back**- Jump with both feet together, jump forward and backward for 1 full minute.
4. **1 foot alternating**- Jump once on the left, then once on the right, then repeat alternating jumps on each foot.
5. **Alternating 2 hop**- Jump twice on the left, then twice on the right, then repeat the pattern.