

JUMP ROPE CHALLENGE

Spend a few minutes every day to jump rope and in 30 days, you'll be in shape!

JUMPING ROPE 18 MINUTES IN ONLY 4 WEEKS

WEEK 1	TIP: WEAR GOOD WORK-OUT SHOES TO PREVENT INJURIES	TOTAL
DAY 1	1x 30 sec.	0,5 min.
DAY 2	2x 30 sec.	1 min.
DAY 3	1x 1 min.	1 min.
DAY 4	REST DAY	-
DAY 5	1x 1 min. / 1x 30 sec.	1,5 min.
DAY 6	2x 1 min.	2 min.
DAY 7	2x 1 min. / 1x 30 sec.	2,5 min.

WEEK 2	TIP: SET A GOAL	TOTAL
DAY 8	REST DAY	-
DAY 9	2x 1.5 min.	3 min.
DAY 10	2x 1.5 min / 1x 1 min.	4 min.
DAY 11	3x 1.5 min.	4,5 min.
DAY 12	REST DAY	-
DAY 13	1x 2 min. / 2x 1.5 min.	5 min
DAY 14	2x 2 min. / 1x 1.5 min	5,5 min

WEEK 3	TIP: DRINK ENOUGH WATER TO MAINTAIN YOUR ENERGY LEVEL	TOTAL
DAY 15	3x 2 min.	6 min.
DAY 16	REST DAY	-
DAY 17	2x 2.5 min. / 1x 2 min.	7 min.
DAY 18	3x 2.5 min	7,5 min.
DAY 19	1x 3 min. / 2x 2.5 min.	8 min.
DAY 20	REST DAY	-
DAY 21	2x 3 min. / 1x 2.5 min.	8,5 min.

WEEK 4	TIP: SLEEP ENOUGH, SO YOUR BODY CAN RECOVER	TOTAL
DAY 22	3x 3 min.	9 min.
DAY 23	3x3 min. / 2x 2 min.	11 min.
DAY 24	REST DAY	-
DAY 25	4x 3 min.	12 min.
DAY 26	4x 3 min. / 1 x 2 min.	14 min.
DAY 27	5x 3 min.	15 min.
DAY 28	REST DAY	-

WEEK 5	TIP: CREATE A MORNING OR EVENING RITUAL	TOTAL
DAY 29	5x 3 min / 1x 2.5 min.	17,5 min.
DAY 30	6x 3 min.	18 min.
DAY 31	DONE!	-

This physical activity could result in physical injury or other risks. Consult a doctor or other medical professional before you participate in this jump rope challenge or other physical program. When you take part in this challenge, you accept all risks and you indemnify Sodexo against all liability, claims, losses or damage resulting from these activities.

JUMP ROPE ROUTINE

DID YOU KNOW JUMPING ROPE IS GOOD FOR YOUR STAMINA?
Follow this routine and you'll feel more fit in just 11 minutes!

2 minutes
warm up
single under
slow tempo

1 minute
quicker tempo

1

2

3

2 minutes
double hop
(rope goes under once while jumping twice)

4

1 minute
double under
(rope goes under twice)

5

2 minutes
high knees
slow tempo

6

1 minute
high knees
quicker tempo

7

1 minute
running in place

8

1 minute
side to side ski
from left to right
(hold your feet together)



jump rope