



2 WEEK JUMP ROPE CHALLENGE

A fast way to get fit, burn calories, and strengthen your bones

Jumping rope isn't just for kids or boxers. This old-school exercise pairs well with one of today's hottest workout trends, high-intensity interval training, also known as HIIT. During HIIT, you do short bouts of vigorous activity interspersed with short bouts of recovery.

Jumping rope is a perfect exercise for this type of workout because it quickly kicks up your heart rate to boost your cardio fitness and your calorie burn. The impact strengthens your bones, and you'll improve your coordination and balance.

Bonus: jump ropes are portable so you can do this workout at home, in the gym, or on the road. To get started, try this two-week challenge created by Shana Brady, director of training at Punk Rope. You'll gradually build endurance while minimizing your risk of injury.

Before you start a jump rope session, warm up your major muscles and joints for at least five minutes. Afterward, cool down and stretch, focusing on your calves, hamstrings, quads, glutes, and low back, for at least five minutes.

Jumping rope is a high-intensity, high-impact activity so you should check with your doctor before starting if you have any heart problems or joint issues.



WEEK 1

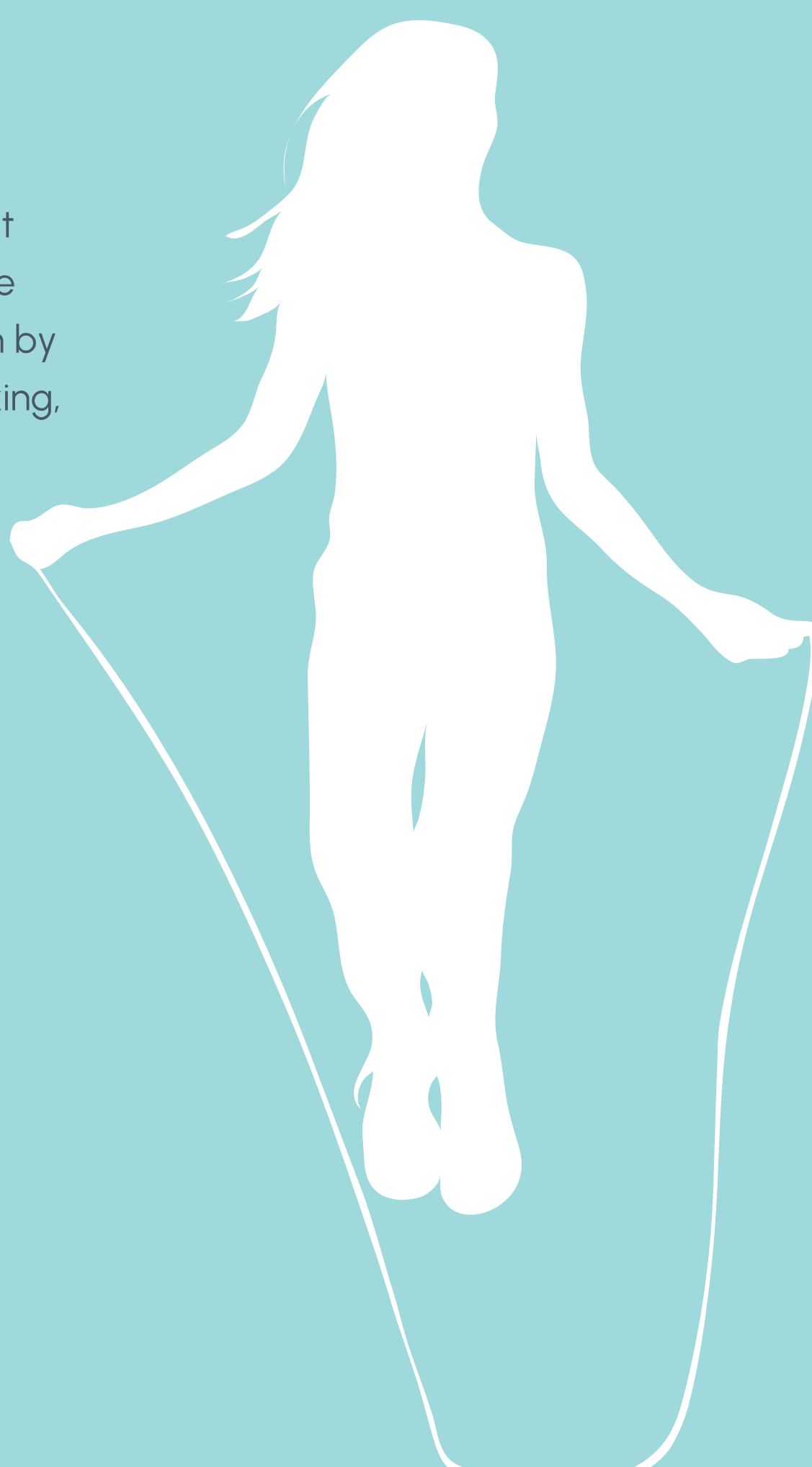
During the rest periods, simply walk around and catch your breath. You can rest longer if needed. On at least two rest days, cross train by doing lower intensity, lower impact exercise like walking, cycling, swimming, strength training, or yoga.

- Day 1: Jump for 10 seconds followed by a 20-second rest. Do 8 to 12 times. Total time: 4 to 6 minutes.
- Day 2: rest or cross train
- Day 3: Jump for 15 seconds followed by a 20-second rest. Do 8 to 12 times. Total time: 4.5 to 7 minutes.
- Day 4: rest
- Day 5: Jump for 20 seconds followed by a 20-second rest. Do 8 to 12 times. Total time: 5.25 to 8 minutes.
- Day 6: rest or cross train
- Day 7: rest

WEEK 2

This week, march in place while you swing the rope (holding both ends in one hand and rotating in on that side of your body) during your rest intervals. Alternate sides each time. On at least two rest days, cross train by doing lower intensity, lower impact exercise like walking, cycling, swimming, strength training, or yoga.

- Day 8: Jump for 20 seconds followed by a 20-second rest. Do 10 to 15 times. Total time: 6.5 to 10 minutes.
- Day 9: rest or cross train
- Day 10: Jump for 20 seconds followed by a 15-second rest. Do 10 to 15 times. Total time: 5.75 to 8.75 minutes.
- Day 11: rest
- Day 12: Jump for 20 seconds followed by a 15-second rest. Do 10 to 15 times. Total time: 5.75 to 8.75 minutes.
- Day 13: rest or cross train
- Day 14: Jump for 20 seconds followed by a 10-second rest. Do 10 to 15 times. Total time: 5 to 7.5 minutes.



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