14-day Jump Rope Challenge

Add these jump rope intervals into your workout regimen for a fun cardio challenge. Watch how consistency creates noticeable results, quickly! Brace your abs as you jump for an added core workout. Tip: Step on the jump rope with both feet and pull handles up evenly at your sides. If of the proper length, the handles will be at your arm pits. Don't stop moving your feet, even on a rest. Have fun!!



- [ ] Day 1 - 2:00 minutes [:20 sec jump/:10 rest x (6) intervals]
- [ ] Day 2 - 2:30 minutes [:20 sec jump/:10 rest x (7) intervals
- [ ] Day 3 - 3:00 minutes [:20 sec jump/:10 rest x (8) intervals]
- [ ] Day 4 - 3:20 minutes [:30 sec jump/:10 rest x (5) intervals]
- [ ] Day 5 - 4:00 minutes [:30 sec jump/:10 rest x (6) intervals]
- [ ] Day 6 - 4:40 minutes [:30 sec jump/:10 sec rest x (7) intervals]
- [ ] Day 7 - 4:30 minutes [1:00 min jump/:30 sec rest x (3) intervals]
- [ ] Day 8 - 5:30 minutes [1:00 min jump/:30 sec rest x (4) intervals]
- [ ] Day 9 - 7:00 minutes [1:00 min jump/:30 sec rest x (5) intervals]
- [ ] Day 10 - 7:00 minutes [:30 sec jump/:30 sec rest x (6) intervals + 1:00 minute x (1) interval]
- [ ] Day 11 - 9:00 minutes [:30 sec jump/:30 sec rest x (6) intervals + 1:00 min jump/:30 rest x (2) intervals]
- [ ] Day 12 - 12:30 minutes [:30 sec jump/:30 rest x (8) intervals + 1:00 min jump/:30 sec rest x (3) intervals]
- [ ] Day 13 - 16:00 minutes [:30 sec jump/:30 sec rest x (10) intervals + 1:00 min jump/:30 sec rest x (4) intervals]
- [ ] Day 14 - 19:30 minutes [:30 sec jump/:30 sec rest x (12) intervals + 1:00 min jump/:30 sec rest x (5) intervals]