

# 12 Best Jump Rope Jams: January '18

Your Fitness DNA LOVES jump rope workouts for cardio. Music helps you keep a steady jump rope pace. Here are my go-to songs for January. Stay inspired!



## Warm Up/Extended Skip

- ☐ Super Bad, Pts. 1 & 2 - James Brown & The J.B.'s
- ☐ Tom Ford - Jay Z
- ☐ MotorSport - Migos, Nicki Minaj & Cardi B
- ☐ Thinking About Your Body (Louie Vega Mix) - Josh Milan

## Steady Skip/High Knees

- ☐ Throw Sum Mo - Rae Sremmurd feat. Nicki Minaj
- ☐ 7/11 - Beyonce
- ☐ Work It Out - Karizma
- ☐ Work Hard, Play Hard - Wiz Khalifa
- ☐ Play Hard - David Guetta feat. Ne-Yo & Akon
- ☐ Big Pimpin' - Jay Z & UGK

## Fast Skip/Cardio Challenge

- ☐ N\*\*\*as in Paris - Jay Z & Kanye West



Viva el Merengue - Oro Solido & Raul Acosta

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**Try the 14-Day Jump Rope Challenge and track your progress! <http://checkli.com/s/59d0f8f9d2a5c>**

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