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 l
- [ ] 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

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