

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 I
- 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>

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