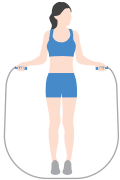
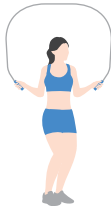


CIRCUIT A (x2) - 0-15 MINUTES

1 FORWARD JUMP
1 MINUTE (NO BOUNCE)

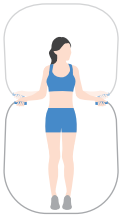


2 TWISTER
1 MINUTE

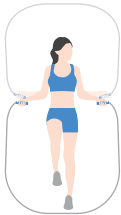


TWIST BODY FROM SIDE-TO-SIDE WHILE IN THE AIR. BOTH FEET SHOULD LAND POINTING 45° FROM CENTER TO THE LEFT, THEN TO THE RIGHT.


3 FAST FORWARD JUMP
1 MINUTE



4 ONE LEGGED JUMP
30 SECONDS EACH



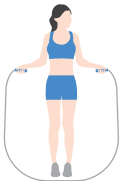
5 AIR SQUAT IN PILE POSITION
1 MINUTE




LEGS SHOULD BE WIDER THAN HIP WIDTH. KEEP WEIGHT ON THE HEELS.

CIRCUIT B (x2) - 10-20 MINUTES

1 FORWARD JUMP
1 MINUTE (NO BOUNCE)

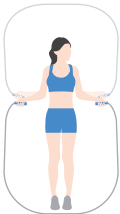


2 ALTERNATE STEP
1 MINUTE

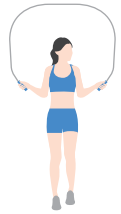


SPEED UP PACE, SHOULD BE AS IF YOU ARE RUNNING

3 FAST FORWARD JUMP
1 MINUTE




4 SIDE-TO-SIDE FORWARD JUMP
1 MINUTE



LAND A FEW INCHES LATERAL OF CENTER AS IF YOU ARE JUMPING ACROSS SOMETHING ON THE FLOOR

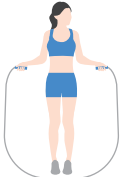
5 LUNGES
1 MINUTE



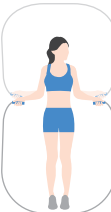
LUNGES 1 MINUTE (30 SECONDS EACH LEG)

BURNER CIRCUIT (x2) - 20-22 MINUTES


1 FORWARD JUMP
15 SECONDS



2 FAST FORWARD JUMP
30 SECONDS



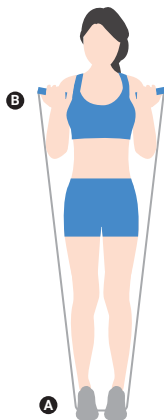
3 DOUBLE UNDERS
15 SECONDS



MAKE SURE TO COOL DOWN AFTER INTERVAL WORKOUT WITH A 5 MINUTE WALK.

WHEN DETERMINING THE APPROPRIATE LENGTH FOR YOU, FOLLOW THESE STEPS:

- A** STEP ON THE MIDDLE OF THE ROPE AND PULL IT TAUT
- B** MEASURE AT YOUR ARMPITS. DO NOT INCLUDE HANDLES



IF ROPE IS ADJUSTABLE, SNIP EXCESS WIRE CUTTERS.



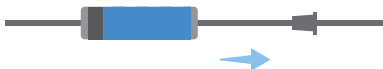
NOTE: TYPICALLY ADDING 3 FEET TO YOUR HEIGHT WILL ALSO GIVE YOU THE RIGHT ROPE LENGTH ESTIMATION.

HOW TO ADJUST THE JUMP ROPE LENGTH

REMOVABLE METAL WEIGHT

UNSCREW HANDLE CAP AND PULL OUT THE METAL WEIGHT. EACH WEIGHT IS 100 G EACH

- 1** PUSH THE ROPE OUT OF THE BUCKLE



- 2** HOLD THE BUCKLE CAP AND PULL THE END OF THE ROPE TO SEPARATE THE BUCKLE



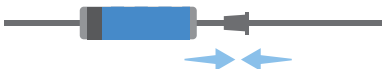
- 3** ADJUST THE BUCKLE TO REQUIRED LENGTH OF THE ROPE



AFTER THE ROPE LENGTH HAS BEEN ADJUSTED, PUT METAL WEIGHT BACK IN HANDLE AND SCREW THE CAP BACK ON.



- 4** FASTEN THE BUCKLE



- 5** CUT OFF THE EXTRA ROPE



- 6** PULL THE ROPE AND BUCKLE BACK INTO THE HANDLE

