

“I don’t have a lot of time. How can I get enough exercise?”

Join our Jump Rope Challenge!



The Jump Rope Challenge doesn’t take much time. Jump rope just 10 minutes per day to increase your movement and calorie burn. Don’t have a jump rope? No problem! You can use an invisible rope and still get your jumps in. Not a jumper? Step or march for 10 minutes and get your arms going as if you’re turning a rope.

Start at your own pace. You can break it up into increments. Here are some options:

Level 1 workouts:

- **Jump/march** 20 seconds, rest for 20 seconds, for a total of 10 minutes.
- **Jump/march** 30 seconds, rest for 30 seconds, for a total of 10 minutes.
- **Jump/march** for 30-60 seconds, rest for 60 seconds throughout the day until you achieve a total of 10 minutes.

Level 2 workouts:

- **Interval I:** Jump 20 seconds, rest for 10 seconds, for a total of 10 minutes.
- **Interval II:** Jump 30 seconds at an easy pace, 20 seconds at an intense pace, rest for 10 seconds, for a total of 10 minutes.
- **Interval III:** Jump for 30 seconds, march or jog in place for 30 seconds, rest for 30 seconds, for a total of 10 minutes.

Level 3 workouts:

- **Ladders:** Jump 100 revolutions forward, 100 backward, continue to increase by 50 revolutions forward/backward until you reach a total of 10 minutes.
- **Single-leg Switch:** Jump 20 seconds on one leg, 20 seconds on the other leg, jump 20 seconds on both legs at a fast pace, repeat for a total of 10 minutes.
- **Counting:** Jump for 50 seconds while counting your revolutions, rest 10 seconds, then repeat for a total of 10 minutes. The goal is to get the same number of revolutions each round.

Use the tracking sheet on the back of this flyer to record your times.

Please consult your physician before starting a new exercise program.

Jump Rope Challenge Tracking Sheet

	Week 1	Week 2	Week 3	Week 4
DATE:				
	Jump minutes	Jump minutes	Jump minutes	Jump minutes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
BONUS:				
Saturday				
Sunday				
Total weekly minutes:				

Grand total minutes jumped: _____

Print name: _____

