

Jumping rope is an incredible training tool. This form of aerobic conditioning is very comprehensive and beneficial for people of all ages. Jumping rope is begun with a two-step jump and advancing through a variety of alternating jumps. As we progress through the basic jumping sequences, try to find a shorter rope to advance towards. The shorter the rope, the tighter the abdominal contraction is during the time of jumping the rope. (We love to work on our 6 packs!!!) Jumping rope can be fun and exciting with great results.

		SPARKS JUMP ROPE AGILITY WORKOUT					
Date:		Name:					
		1	2	3	4	5	6
Sparks Aerobic Conditioning		wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps
JUMP ROPE WORKOUT		/	/	/	/	/	/
2 Step Jump		/	/	/	/	/	/
Alternate Single Leg Jump		/	/	/	/	/	/
Single Leg Hop Right		/	/	/	/	/	/
Single Leg Hop Left		/	/	/	/	/	/
Lateral Jumps/ Side to side Both Feet		/	/	/	/	/	/
Lateral Jumps/ Single Leg		/	/	/	/	/	/
Date:							
		1	2	3	4	5	6
Stretch		wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps
Gastroc/ Calf Standing Stretch		30sec x 3rep	/	/	/	/	/
Soleus Stretch		30sec x 3rep	/	/	/	/	/
IT Band Stretch		30sec x 3rep	/	/	/	/	/
Prone Quad Stretch		30sec x 3rep	/	/	/	/	/
Standing Hamstring Stretch		30sec x 3rep	/	/	/	/	/
		/	/	/	/	/	/
		/	/	/	/	/	/
Date:							
		1	2	3	4	5	6
Advanced Aerobic Conditioning		wt x reps	wt x reps	wt x reps	wt x reps	wt x reps	wt x reps
Jump Rope		/	/	/	/	/	/
Four Square jumps w/ Diagonal hops		/	/	/	/	/	/
Scissor Jumps		/	/	/	/	/	/
Forward (2)- Back (1) back repetition		/	/	/	/	/	/
Vertical Jump For Height		/	/	/	/	/	/
Alternating High Knees		/	/	/	/	/	/

DISCLAIMER: You should not engage in any health or exercise regimen without first consulting with your physician. Your health and exercise regimen should be tailored to your general and specific health condition and your physical abilities and limitations.

