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JUMP ROPE WORKOUT PROGRAM

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Jump Rope Workout Program

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Jump Rope Workout Program

Welcome

Welcome to the Jump Rope Workout Program. If you are new to using a jump rope, I would recommend practicing first before attempting these workouts or you can substitute the skipping exercises by running in place and you can also use other bodyweight exercises like jumping jacks, etc. Once you get better at using the jump rope then you are going to love these workouts. These workouts will get your heart rate higher than anything you've used in the past. Practice your skipping and enjoy the workouts.

Here are some tips before starting:

- If anything hurts while performing an exercise, stop doing it immediately. If you need any exercise alternatives, feel free to email me at contact@andrewraposo.com
- If you aren't sure on how to perform an exercise, be sure to get instruction from a certified personal trainer.
- Make sure to perform one of the Mobility Warm Up routines that I present in my "Get Mobility Like A Fighter" videos before starting any of the workouts in the program.
- If you are just starting out and you're choosing which day you are going to perform a workout, make sure there is a day of rest between workout days.

For Example:

Monday – Workout

Tuesday – Rest

Wednesday – Workout

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Thursday – Rest

Friday – Workout

Saturday – Rest

Sunday – Rest

- Make sure you are being active during your rest days. Go for a long walk, bike ride, play a sport, etc.
- Cool down appropriately after completing a workout by foam rolling or stretching.

How To Incorporate These Workouts Into An Existing Program

There are many ways you can put these workouts into your program. You can use the jump rope workouts to replace a cardio/conditioning day or add in the “ab focused” jump rope workouts and use those as an ab training circuit into your routine. Which makes a good fit at the end of a routine you are currently following.

If you are following a strength routine, you can put these workouts on a “conditioning day” or you can use them as an intense finisher after your main strength exercises. This will help accelerate fat loss like nothing else.

If you have a specific program you are following or currently competing in a sport and you want to better fit this into your routine then shoot me an email at contact@andrewraposo.com Make sure you provide your workout schedule in detail so I can give you the best results.

To your success,

-Andrew Raposo, CPT

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P.S. If you would like the most cutting edge and up to date information on getting the best set of ripped abs possible, follow me on some of my other sites to keep yourself updated.

www.AndrewRaposo.com

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Workout #1 – Jump Rope Conditioning 101

A1 – Regular Skip (Easy Pace) – 30 Sec

A2 – Running In Place, High Knees (Fast Pace) – 30 Sec

A3 – Close Grip Push Ups – 30 Sec

A4 – Running In Place, High Knees (Fast Pace) – 30 Sec

A5 – Jumping Lunges – 30 Sec

A6 – Running In Place, High Knees (Fast Pace) – 30 Sec

A7 – Burpees – 30 Sec

Rest 1 Min

Repeat this circuit for a total of 3 Rounds. Rest as needed during the workout.

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Workout #2 – Jump Rope For Ripped Abs

A1 – Running In Place, High Knees (Fast Pace) – 45 Sec

A2 – Mountain Climbers – 30 Sec

A3 – Saw Plank – 15 Sec

A4 – Running In Place, High Knees (Fast Pace) – 45 Sec

A5 – Cross Body Mountain Climbers – 30 Sec

A6 – Box Plank – 15 Sec

Rest 30 Sec

Repeat this circuit for a total of 5 Rounds. Rest as needed during the workout.

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Workout #3 – Jump Rope Tabata

- A1 – Double Under Skip (Fast Pace) – 20 Sec
- A2 – Regular Skip (Easy Pace) – 10 Sec
- A3 – Double Under Skip (Fast Pace) – 20 Sec
- A4 – Regular Skip (Easy Pace) – 10 Sec
- A5 – Double Under Skip (Fast Pace) – 20 Sec
- A6 – Regular Skip (Easy Pace) – 10 Sec
- A7 – Double Under Skip (Fast Pace) – 20 Sec
- A8 – Regular Skip (Easy Pace) – 10 Sec
- A9 – Double Under Skip (Fast Pace) – 20 Sec
- A10 – Regular Skip (Easy Pace) – 10 Sec
- A11 – Double Under Skip (Fast Pace) – 20 Sec
- A12 – Regular Skip (Easy Pace) – 10 Sec
- A13 – Double Under Skip (Fast Pace) – 20 Sec
- A14 – Regular Skip (Easy Pace) – 10 Sec
- A15 – Double Under Skip (Fast Pace) – 20 Sec
- A16 – Regular Skip (Easy Pace) – 10 Sec

Repeat this circuit for a total of 3 Rounds. Rest as needed during the workout. If you cannot perform double unders, then replace that with a fast pace skip.

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Workout #4 – Jump Rope Fighter Countdown

Perform each exercise for a set of 10 reps, the next set will be 9 reps, and the next set will be 8 reps, all the way to 1 rep.

A1 – Burpees – 10 Reps... 1 Rep

A2 – Saw Plank – 10 Reps... 1 Rep

A3 – Running In Place, High Knees (Fast Pace) – 30 Sec

Perform the third skipping exercise right after the first 2 exercises for every round.

Rest as needed during the workout.

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Workout #5 – Jump Rope AMRAP

A1 – Double Under Skip – 10 Reps (10 Skips)

A2 – Plank Side Touches – 10 Reps Each Side

A3 – Regular Skip – 20 Reps (20 Skips)

A4 – Mountain Climbers – 20 Reps Each Side

Repeat this circuit for as many rounds as possible in 10 minutes.

Rest as needed during the workout.