



JUMP ROPE CONDITIONING FOR ATHLETES

F-BOOK

BY ROSS ENAMAIT

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Introduction

This electronic book is intended for customers of the **Jump Rope Conditioning For Athletes** DVD. As you will soon see within the DVD, I cover a considerable amount of ground, including several skipping variations, equipment considerations, and tips to help ensure that you make the most of your jump rope training.

Clearly though, there will be questions that arise after viewing the DVD. With that in mind, I have created this electronic book to answer the most commonly asked rope training questions that I receive.

The FAQ that follows is divided into two categories.

- Equipment Related Questions (pages 4-13)
- Training Related Questions (pages 14-' \$)

Regardless of whether you have questions or not, I encourage you to browse through the FAQ. There are tips and topics discussed within that you may find useful. For example, I provide a video link to some historic rope skipping examples within one of the questions (page 21). To overlook the FAQ would lead you to miss out on amazing rope displays from legendary fighters such as Sugar Ray Robinson.

Following the FAQ, you will find several sample workouts.

Please note however that much of the material from this electronic book may not make sense until you have watched the entire DVD. Therefore, I recommend **watching the video first** and then using this file as a future reference.

Lastly, if you have any further questions that are not addressed in the FAQ, please contact me directly at ross@rosstraining.com. I will gladly assist in any way that I can.

FAQ

Equipment Related Questions

Can you provide more information and instructions regarding the homemade rope handles that you mentioned in the DVD?

Please refer to the link below. It will lead you to a previous blog entry and video tutorial that were dedicated to the homemade handles. The entry includes step by step instructions and several photos.

[Jump Rope Training – Handle Modification](#)

The video tutorial can also be accessed directly by clicking the image below.



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Why didn't you use the homemade handles throughout the DVD?

I used a commercial rope as I realize that many individuals do not wish to make their own handles. I did not want the focus of the DVD to shift entirely towards homemade equipment.

I simply mentioned the homemade option for those who are interested. As discussed within the video, the homemade handles have proven to be quite durable based on my own experience and observation.

While these handles may not be the best freestyle option, they are certainly adequate for many turning styles. Initially, skipping with a homemade handle may feel awkward, but you can quickly adapt. Most of the fighters that I've had work with the homemade handles needed just a few rounds before they became comfortable with them.

Furthermore, these handles are also useful if you want a separate rope to be used solely for sprint intervals. For example, you could use a different rope when focused on freestyle work and then revert back to the homemade handles on days that were dedicated to high speed intervals. By opting for such an approach, you would likely extend the life of your freestyle rope as max-effort sprint intervals put the most stress on the rope.

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What are your thoughts regarding jump ropes with weighted handles?

In my experience, most ropes with weighted handles are not quite as fast as their lightweight counterparts. In addition, many of the weighted ropes are not conducive to freestyle work. Therefore, I prefer to use a faster, lightweight rope.

If I wish to add weight, I instead wear a light pair of wrist weights while skipping with my normal rope. I prefer this approach for a few reasons. First, I am able to maintain rope speed while working with a rope that I am already comfortable using. In addition, I can use the wrist weights with any rope. If I was to use a rope with weighted handles and it broke, I would be out the rope and the weights. With wrist weights, a single pair will last as long as I need them.

As for potential benefits, skipping with weighted handles will certainly increase the upper body challenge. Many who first use weighted handles are surprised at the muscular endurance required throughout the shoulders. The increased difficulty can be a pro or a con. If you need to develop greater endurance throughout the shoulders, the added weight will be useful. The downside is that you will not be able to skip as long or fast as you would without weighted handles. Therefore, the decision to add weight depends on your goals.

Regardless of your choice, I would not use weighted handles exclusively. Whether or not you seek more endurance throughout the shoulders, there are still benefits to skipping with a faster, lightweight rope for extended periods.

In summary, if you wish to add weight, a few sessions per week will suffice. Another option would be to start a session with weight, and then continue the latter part of your skipping routine without weight.

For a related tutorial, click the image below. Within the video, I address the topic of skipping with weighted handles.



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Where did you buy the jump rope that was demonstrated within the DVD?

I am hesitant to provide product suggestions as most ropes will eventually break. Therefore, when I list the rope that was demonstrated within the video, please do not view my listing as a universal recommendation.

With that said, the rope seen within the video came from Buyjumpropes.net. The two best ropes from that site (in my opinion) are the [PVC](#) and [cable freestyle](#) ropes. I used PVC in the DVD. The cable freestyle rope is a bit faster but both are ideal for high speed action. [Replacement cords](#) can also be purchased for each.

As for why I used PVC instead of cable, it was easier to see on camera. The cable freestyle rope turns faster and is not something that a beginner would likely use when learning how to skip. Learning with a PVC rope will be much more manageable, and it is still fast enough for all of your needs.

As for additional brands, there are countless options. I strongly suggest reading through user reviews before committing to a particular product. Large sites such as Amazon have reviews of most brands. Many fitness message boards will also have reviews of several brands.

Put in your due diligence before purchasing so you can find something that suits your needs and budget.

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Can you provide a chart of common rope lengths based on height?

Most of the charts regarding ideal rope lengths will look similar to the following:

Height	Rope Length
Under 5 feet tall	7 foot rope
From 5' to 5'5"	8 foot rope
From 5'6" to 6'	9 foot rope
From 6' to 6'4"	10 foot rope
Over 6'5"	11 foot rope

As you examine the specifics, you will realize how generic the chart truly is. For example, this chart suggests an 8 foot rope for an athlete who is 5'5" tall. It then suggests a 9 foot rope for an athlete who is an inch taller (5'6"). Clearly, an extra inch of height does not warrant another foot of rope.

Therefore, realize that all charts regarding ideal rope lengths are mere estimates. It is common that you will need to adjust the length of your rope. As time passes, you may also find that you can skip successfully with a shorter rope.

Lastly, when discussing rope length, you must also consider the length of the handles. Many freestyle ropes have longer handles. A 9 foot rope with a long freestyle handle will often be adequate for those who are taller than what is suggested in the above listed chart.

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I am over 6 feet tall and cannot find any ropes that are longer than 9 feet. Where can I look and what can I expect to pay?

Unfortunately, most sporting good stores only carry 9 foot ropes. If you are over 6 feet tall, a 9 foot rope may not be long enough (particularly for beginners). If you need a longer rope, you will have a better chance finding something online. Most online suppliers offer 10 foot ropes.

As for price, it depends on the rope style that you are purchasing. Ten foot ropes may be slightly more expensive, but not by a considerable amount. For example, while searching the web, I found the ten foot rope below (see link) for less than \$5. To upgrade from nine to ten feet was only twenty cents.

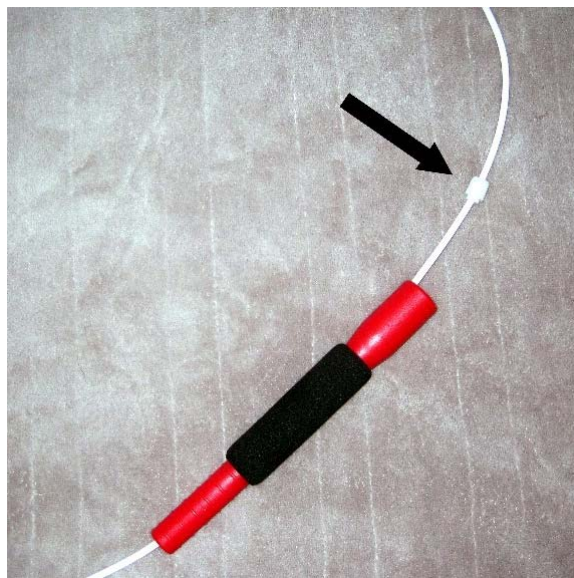
[Short Handle Licorice Rope](#)

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Is it acceptable to leave a knot in my rope indefinitely, rather than trimming it down to the ideal size?

Personally, I would rather not work with a knotted rope for extended periods of time. The knots may impede turning action, particularly when working with various freestyle patterns. With certain ropes, you can vary the length by adjusting the fastener that is located inside each handle. By adjusting the rope in this fashion, permanent knots will not be necessary. With such an approach, I would also leave the excess cord inside the handles (rather than cutting it). I will explain my reasoning below.

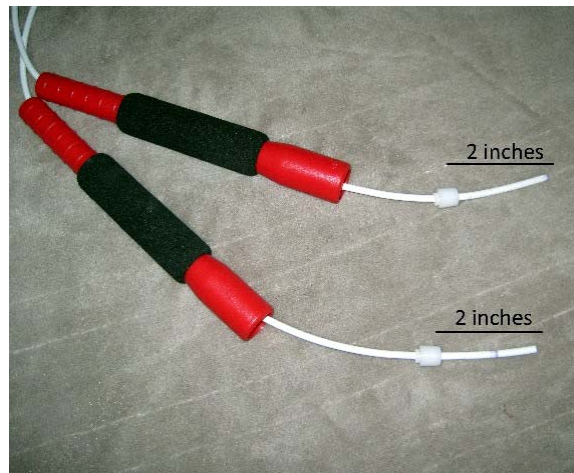
First, take a look at the following image.



Notice how the rope has been shortened by setting the fastener a few inches in from the end of the rope. The black arrow points to the fastener. Once I pull the rope back through the handle, the fastener will rest at the bottom of the handle. The excess cord will then rest inside the handle. Leaving this excess attached will be useful if the cord eventually breaks. Typically, ropes snap where the cord meets the handle, so if one side breaks, you can adjust the fastener from the other side to release more rope.

For such an approach to work, you will want to leave excess rope inside both handles. Therefore, suppose you are working with a 9 foot cord that needs to be shortened by 4 inches. Divide the amount that must be shortened by 2. You will then leave equal amounts of cord inside each handle.

Refer to the following photo for an example:



If either side of the cord breaks, I will lose two inches of material. Fortunately, I can borrow back those two inches from the excess cord inside the other handle. Therefore, a single break of this particular rope at the handle is not necessarily the end of this cord.

Furthermore, even if both sides eventually break, the rope may still be usable. You would simply be skipping with a shorter rope. Taking two inches off will not make a considerable difference. Many athletes actually skip with a rope that is longer than it needs to be. Therefore, before you discard the cord, see if you can adapt to the shorter rope. You may be surprised at the ease of transition.

Lastly, different ropes may need to be adjusted differently, so the suggestions above only apply to ropes that include similar fasteners.

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What are your thoughts about skipping rope while wearing ankle weights?

I am often asked about skipping rope with ankle weights. I assume the frequency of this question has something to do with the popularity of Floyd Mayweather Jr. There are a few Youtube videos that show him skipping with added weight. You can actually see an example within the video that is linked to on page 21 of this e-book.

Clearly, his training has worked well for him. It is nearly impossible to dispute his methods considering that he is currently an undefeated world champion. What many beginners fail to realize however is that Floyd has been training for most of his life. He has skipped rope for well over 20 years. His ability to add ankle weights does not mean that it makes sense for the masses.

Personally, I am not a huge fan of skipping with ankle weights. If I want to increase the lower body challenge, I will instead work with single leg variations. When skipping on a single leg, all of your bodyweight rests on that leg. The non-working leg remains in the air, without ground contact (as demonstrated within the DVD).

With such an approach, you remain in complete control with your ability to lighten the load if necessary. To do so, you would either switch legs or revert back to skipping with both legs. With ankle weights, they are either on or off. You cannot switch back and forth continuously within a single round.

If you wish to experiment with ankle weights, I simply urge you to first become quite proficient with the rope. Do not rush to adding weight as it certainly is not required for a quality rope session.

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How about skipping with a weighted vest?

My response to this question will be similar to the last.

I do not deny that there have been athletes who have done well skipping with a light vest. I prefer to skip faster than heavier however. I share similar feelings about running with a weighted vest. Rather than running heavier, I prefer to run faster or to use a hill for added resistance (ie. opting for a more difficult running style).

With the jump rope, you can do the same. You can obviously work at a faster pace, in addition to working with more challenging variations. For example, rather than working with a basic bounce step while wearing a vest, I would rather work faster with more explosive rope skipping variations such as double unders, triple unders, sprint in place intervals, etc.

If you wish to experiment with a weighted vest, I urge you to limit the weight of the vest. Significant loads are not necessary.

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What interval timer do you use to track time during the workout that you mentioned in the DVD? It consisted of 60 second intervals, and then 30 second intervals. How do you change the work and rest times during a routine without interrupting the workout?

I do not use an interval timer for varied time interval sessions. The routine that you mentioned consists of the following:

- 5 x 60 second intervals, with 30 seconds of rest between intervals
- 5 x 30 second intervals, with 15 seconds of rest between intervals

To track time, I use a large digital clock that also displays seconds (see the red arrow below). These digital clocks are inexpensive and easy to find.



I always start the routine at the beginning of a minute. I can then skip at maximal speed without counting rope turns. I would rather listen to the music than count each turn of the rope. With a digital clock, I also do not need to listen for a small timer to sound. I like the music loud so smaller timers do not work well for me when skipping.

If you prefer to use an actual interval timer, the best way to time a workout that includes various round lengths is by working with a common multiple. With the sample routine above, you could set the timer to 15 second intervals. You would begin by working through four 15 second intervals ($4 \times 15s = 60s$). You would then rest through two intervals ($2 \times 15s = 30s$). When you reached the 30 second interval phase, you would work through two intervals (30s) and rest one (15s).

Personally, I find it distracting to count multiple beeps of the timer when working at full speed. I would rather glance quickly at a clock in front of me to know when the interval has finished. Clearly, personal preference must be considered when choosing a timer.

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What about the larger interval timer that was in the background of the DVD?

I use the larger timer primarily for longer rounds. For example, if I am holding the mitts for a boxer, I will set the timer to three minute rounds. I obviously can't be worried about looking at a digital clock when holding the mitts. The larger timer also works well for shorter intervals, assuming the time remains constant throughout the session.

One advantage of these larger timers is that the bell rings quite loud. You can hear it from across the gym even with music playing. The downside to these timers is the price. You can expect to pay \$100 or more. For recreational training, I would not consider it a necessity.

An image of the larger interval timer can be seen below:



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I've seen some mixed martial artists jumping rope barefoot. What are your thoughts about barefoot skipping?

As mentioned within the video, personal preference must be considered when choosing footwear (or lack of). I would not suggest barefoot skipping to a novice, but there are certainly fighters who have done very well without shoes. Those that I have seen are typically seasoned athletes however with a considerable amount of training experience.

Personally, I prefer to wear a boxing or wrestling shoe. I have used this type of shoe for the past 20+ years. I am comfortable with these shoes so I have no reason to change. Consequently, I have never pursued barefoot skipping. In my eyes, if it isn't broken, I'm not looking to fix it.

If you opt to skip without shoes, be sure to make the transition gradual. The body will need time to adapt. The transition phase will be similar to how many runners have transitioned to barefoot running. It is not uncommon for a full transition to take months, not weeks. An impatient approach will almost always lead to unnecessary pain and injury.

It will also become increasingly important to skip rope with grace. You must learn to land softly with each skip of the rope. If you still struggle to maintain control, I would not consider barefoot skipping. Master the rope first before considering a minimalist footwear style.

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Training Related Questions

I've started skipping rope and I am experiencing pain in my shins. What can I do?

Pain in the shins typically originates from one or more of the following:

1. Too much volume
2. Faulty footwear
3. Hard floor surface/hard landing

Excessive volume is the most common cause of jump rope related pain and injury. Athletes perform too much work too soon. Individual workouts may be excessive in terms of volume and intensity, and the performance of such workouts is often too frequent. As a result, pain often develops in the shins. The solution to this problem is simple. Cut back on volume and frequency.

Faulty footwear is another common source of pain. Perhaps you have been skipping in poorly constructed shoes or shoes that do not fit properly. You may be surprised at the improvements that occur by simply changing shoes.

Skipping rope on a hard floor surface (ex. concrete) is another common source of pain. This problem becomes much worse if the athlete is jumping too high and landing hard with each turn of the rope. Many novice athletes inadvertently land with excessive force when first learning how to jump rope. They are not yet in complete control of the lower body, thus tend to land abruptly, rather than gracefully.

In summary, if you are experiencing pain, cease working with the activity that caused it. For example, if jumping rope caused shin pain, take a break from the rope. When you return to action, try to pinpoint the exact cause of pain. Was it volume based? Do you need to change footwear and floor surface? Do you need to improve your skipping technique? Or perhaps you need improvements in all areas.

Regardless of where the problem originated, consider icing the shins following each workout. Pain relieving liniments can be applied to the shins as well. I also suggest stretching the calves thoroughly and working to strengthen the troubled areas. For example, a basic toe raise may be useful to strengthen the shins. Keep the heels grounded as you lift the toes into the air. Add weight as your strength increases.

Many athletes have also done well working with compression socks. And while research on the use of compression socks is mixed, I know several distance runners who swear by them as a

way to prevent shin splints from flaring up. Clearly, your mileage may vary but I feel they are worth mentioning.

For additional information regarding pain in the shins and feet, you may find the following article quite useful:

[A Firm Foundation: Focusing on the Feet](#)

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Is jumping rope bad for the knees?

Almost any exercise can be problematic if it is performed incorrectly or by someone who is not physically prepared for it. For example, if a novice lands heavily on his feet while skipping, he will be much more prone to potential pain and injury. The rope is easier to blame despite the fact that faulty technique is the true culprit. The same could be said of a beginner who performs more work than he or she is capable of handling. The jump rope itself would not be the problem, but rather the excess volume performed by the individual.

Personally, I have skipped rope for almost 30 years and have never had a single problem with my knees. I also know individuals in their 40's, 50's, and even 60's who continue to skip rope successfully without pain.

Clearly, we are all different however and our own backgrounds must be considered. No one can guarantee that an activity will not cause pain. This is particularly true if you are still learning how to skip properly.

If you do wish to try, pay particular attention to soft and controlled hops on the balls of the feet when skipping over the rope. Ideal floor surface and footwear must also be considered. An athletic knee brace may also prove useful. Lastly, start slow when first using the rope. Give the body time to adapt. Do not force it to overcome too much at once. It is important to train hard, but even more important to train smart.

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Do you recommend jump rope training for weight loss?

The jump rope would not be my first or only suggestion if your primarily goal is weight loss.

As discussed within the DVD, one limitation of the rope is that it does not serve as a valuable tool until one becomes proficient with it. An overweight novice must first learn how to skip

rope before he or she can benefit from it. If weight loss is the primary goal, you may be better served to start with something that does not involve a learning curve.

In addition, adding more movement to the daily schedule is an important step for weight loss and improved physical fitness. Focusing solely on a single piece of equipment such as the jump rope will limit the amount of activity that you can perform. If the jump rope is new to you, your body will need time to adapt and develop work capacity specific to skipping. Adding too much too soon can be problematic. Shin splints are one possible repercussion.

Furthermore, an overweight individual is more likely to land with greater force each time that he skips over the rope. This becomes increasingly true for those who are still learning how to skip properly. One common struggle with beginners is learning to control and minimize the hopping motion that takes place for each turn of the rope. An overweight individual who jumps excessively high is more likely to experience lower body pain.

Therefore, if weight loss is the primary goal, the jump rope is a tool that you can gradually implement over time. It should not form your sole means of conditioning however. By varying your work throughout the week you will be able to accumulate more volume. More volume with a variety of exercises equates to a more active lifestyle.

Lastly, regardless of the exercises you perform, be aware that adjustments to food and drink consumption are often more influential towards weight loss than any exercise or routine. Clean up your dietary habits and pay particular attention to total intake (food and drink).

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Can jump rope training improve my running ability?

Running and jumping rope are unique activities. To improve at one does not **guarantee** improvements in the other. Many runners have however turned to the jump rope as a means of cross-training. Aside from being an indoor friendly alternative, the rope develops attributes that offer potential benefits to runners.

For example, consider the importance of fast feet when skipping rope at top speed. The feet must move extremely fast with minimal ground contact to avoid tripping over the rope. The rope can also improve an athlete's ability to quickly generate force from the ground. This ability is displayed when performing power based movements such as double and triple unders. Upon landing, the feet quickly spring back into the air as the rope passes beneath. If the athlete is not able to generate adequate force fast enough, he will struggle to perform consecutive reps with any power based turning style.

As for the significance to runners, it is first important to understand two key components to running speed. A runner's speed is based on stride length and stride frequency. In layman's terms, how fast you run is a product of how quickly you step and how far you step. Therefore, if the rope can lead to reduced ground time and quicker force production, there is *potential* for a faster runner.

Rope skipping can also improve endurance in a unique way that *may* benefit runners. For example, suppose you work through a high speed, continuous rope session. Clearly, endurance will be challenged as fatigue mounts. To continue skipping, you must actively fight through the fatigue with conscious effort. To lose focus for even a split second will cause you to trip over the rope. The body and mind are both challenged when skipping rope, thus both will improve with consistent practice.

As for potential benefits to runners, distance running requires a considerable amount of mental toughness. As with a continuous rope session, the athlete's mind must not lose focus. A runner who loses focus will often drift below his optimal pace.

In the words of Navy SEAL and ultramarathon runner David Goggins,

"Running is running, it hurts, but that's all it does. The most difficult part of the training is training your mind. You build calluses on your feet to endure the road. You build calluses on your mind to endure the pain."

With his words in mind, a conditioning activity that develops the body and mind *may* prove useful for an endurance athlete. There are obviously no guarantees, but if I improve my ability to maintain a fast pace throughout 30 minutes of skipping, there is a good chance that my endurance will also improve over a 30 minute running session.

In summary, the rope does offer potential benefits to runners. Clearly, specificity is of utmost importance, so no activity should ever replace running for a runner. The best way to become a better runner **is by running**. Jumping rope is **not** intended as a substitute. It can however serve as a valuable addition through cross-training.

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Is it true that 10 minutes of rope skipping is equal to 30 minutes of jogging?

The short answer is no. One activity does not equal another. Not only are both activities unique, it is nearly impossible to define *equal* when comparing running to skipping. Furthermore, equal in one respect does not guarantee equality when comparing all variables.

The widespread claims that 10 minutes of rope skipping equates to 30 minutes of jogging originate from a study that was released in the 1960s. As a result, it is common to read exaggerated claims when comparing rope work to running. Unfortunately, many who make such claims are not familiar with the actual research.

Clearly, both running and rope skipping can be beneficial. There are unique benefits associated with each however. Rather than trying to compare the two, I prefer to focus on getting the most out of each activity. For example, 10 minutes of rope skipping for one athlete may be entirely different than 10 minutes of rope skipping for another. As stressed throughout the video, rope training is only as good as the user. You get what you put into it. It is possible to casually stroll through a session, just as it is possible to push yourself throughout.

As for scientific research, there are countless individual variables to consider, thus making it nearly impossible for an objective comparison. For example, suppose a study is conducted that compares jumping rope to running at a given pace. How can we assign a universal pace to all runners? Running pace and ability will vary considerably amongst individuals. Rope skipping pace will also vary considerably. When discussing rope skipping pace, we must then consider the length of the rope (shorter ropes turn faster), the type of jump rope (certain materials turn faster), and the proficiency of the athletes being tested. We must also consider the turning styles that are used. How can anyone make a blanket statement comparison between two activities when one of those activities (jumping rope) includes so many variations?

Consider all the rope skipping variations that were demonstrated throughout the DVD. Would a blanket statement comparison between running and skipping be valid for each skipping style (ex. double under variations, sprinting in place, side to side transitions, criss-cross turning styles, various bounce step patterns, etc.). You could literally drive yourself crazy trying to compare the two activities.

In summary, rather than comparing apples to oranges, make the most of your time with whatever conditioning exercises you choose. *How* you do *what* you do is often more important than *what* you do. This statement certainly applies to the jump rope. Push yourself to constantly improve. A ten minute session on the rope next month should look different from a ten minute session today. Your work capacity and skill should gradually improve. As a result, your ability to maintain a faster pace with more difficult variations will also improve.

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I have my athletes run 400 meter intervals on the track in the summer. Can the rope be used to replicate this distance for a winter-friendly alternative?

You will never find an exact replacement for running, nor will you find an exact replacement for rope work. Despite similarities, there are still considerable differences. As a result, whatever you do with the rope in an attempt to replicate a 400 meter interval will be far from an exact match.

With that said, the most common substitute for a 400 meter interval would be to skip at maximal intensity for 90 seconds. You would use a sprint in place style and push yourself as fast as you can throughout the 90 second block.

There is a similar routine listed in the sample workout section from this e-book. The routine adds a set of medicine ball slams to the end of the 90 second rope interval. It makes for a time efficient and challenging indoor conditioning workout.

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How often should I jump rope?

It is impossible to provide a universal answer to inquiries regarding frequency. Several considerations must be made before attempting to answer the question. Intensity and volume are perhaps the most significant variables that will impact frequency. Clearly, you will be able to perform a given activity more often if volume is minimal. For example, skipping rope for 5 minutes a day is obviously much different than skipping continuously for an hour each day. As volume increases per session, frequency will likely decrease.

Intensity per session is also relevant. An all out interval session on the rope is clearly intense. To repeat this type of work daily will rarely make sense. Conversely, pushing yourself to the extreme with intervals is obviously much different than warming up with the jump rope before another workout. The intensity of a warm-up is not nearly as high as a sprint interval. To suggest that both can be performed with equal frequency would be a gross mistake. Considerations must be made for the intensity of the work that is performed.

Individual work capacity (specific to the rope) must also be considered. For example, a novice rope skipper is not prepared to skip rope as frequently as a seasoned athlete who has jumped rope for many years.

Weekly workload must also be considered. For example, a runner who uses the rope as a cross-training tool will skip less often than another athlete who relies heavily on the rope for

conditioning. The runner is already busy racking up considerable mileage each week. His need for frequent rope sessions will be minimal.

In summary, how often you skip rope will depend on how you work with the rope (ie. volume and intensity), how experienced you are with the rope, and the other activities that you perform throughout the week. Rather than seeking universal recommendations, view training as an individualized process. No two individuals are the same. We all have unique backgrounds, abilities, goals, and schedules. Take everything into consideration when deciding how often one should skip rope.

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What about boxers? Don't they skip rope every day?

The fact that a boxer may skip rope each day does not mean that you should follow his exact routine. First, the boxer may be a world class athlete who has trained for most of his life. Clearly, elite professional athletes can handle much more work than the average fitness enthusiast.

In addition, a fighter may skip rope every day, but that does not mean he is pushing himself to the max each time. There may be days when the boxer uses the rope solely to warm-up. Other times he may skip rope lightly after an intense sparring session to help continue his sweat or to help him cool down. There may be other times when a fighter skips for longer periods at a reduced intensity. Perhaps the fighter is working to control his weight so he chooses to skip rope lightly. Such work is similar to how many fighters perform long distance running at a casual pace. This work is not physically draining so it can be performed without interfering with the athlete's sport work (ie. sparring for a fighter).

For example, suppose a fighter needs to cut twenty pounds for a fight that is 4 weeks away. This scenario is unfortunately quite common. In such situations, fighters are forced to engage in a limited diet. They cannot eat as much as they would if they were not actively cutting weight. As a result, it is common to include less intense, continuous sessions such as jogging and rope skipping to help reduce weight. This type of work is much less demanding than an all out conditioning workout, so the fighter is able to recover despite his limited food intake.

In summary, the ideal frequency for your rope workouts cannot be based on what others may or may not be doing. To determine your ideal frequency, base the decision on individual factors that are only relevant to you.

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What should I do to warm-up before starting an interval session on the jump rope?

There is not a single answer to this question as what you do for warm-ups will often depend on what you have already done leading up to the interval session. For example, it is common for high level fighters to use the rope towards the end of a session. The athlete may have already sparred, hit the bags, etc. By the time he has moved on to the rope, he is already thoroughly warmed up and is simply using the short interval session as a finisher.

His needs would differ considerably from another individual who is performing a short interval session on the rope as his sole workout. Perhaps this individual has limited time to train on a given day. Rather than taking an entire day off, he makes time for a short rope workout. Starting with a brief warm-up will make more sense for this individual. It does not make sense to start an all out interval session without some light activity first.

As for specifics, there is no need for anything fancy. For example, you could start with 5 minutes of light to moderately paced skipping. Five minutes of skipping will usually suffice. If you need more time, by all means take it. You know your body better than anyone. Use whatever time is necessary to prepare yourself for the interval session to come.

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Within the video, you mentioned several legendary fighters who regularly skipped rope. Can you direct me to video footage of these old fighters skipping?

Take a look at the video that is linked to below. I created it along with a friend who has uploaded it to his Youtube channel. You will see legendary fighters like Jack Dempsey, Sugar Ray Robinson, Rocky Marciano, Joe Louis, and more. There are also more recent examples such as Manny Pacquiao and Floyd Mayweather Jr. Within the footage, you will notice a variety of skipping styles, ranging from controlled and rhythmic to fast and intense.



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What is the longest continuous rope skipping session that I should use?

It is not possible to place a universal time limit on continuous rope skipping sessions. No two individuals are the same so we cannot assume that everyone should train the same.

With that said, I rarely if ever surpass thirty minutes of continuous rope work. A long session for me typically lasts between twenty and thirty minutes. Rather than continuously increasing the length of these sessions, I focus on improving their quality. An example of a quality improvement would be to perform better and more intense work throughout the time period. There is always room to improve in terms of maintaining a faster pace and working with more difficult skipping variations.

It is also worth noting that the jump rope is just one of many exercise options. I do not suggest that anyone limit their training to a single tool. Therefore, by cutting my continuous sessions off at 20 or 30 minutes, I still have time to perform additional work without the rope.

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In previous writings, you have discussed Enhanced Interval Training (EIT) and Integrated Circuit Training (ICT). How does the jump rope fit into these conditioning protocols?

These descriptive phrases originate from the Never Gymless manual.

I used *Enhanced Interval Training* to label conditioning drills that include sprints, hills, or interval runs, coupled with some form of resistance exercise. *Integrated Circuit Training* was a fancy way to describe the process of combining a handful of exercises into one continuous, fast paced routine.

The jump rope can be used with either conditioning protocol. For example, an enhanced interval routine could begin with a fast paced rope interval followed by a resistance exercise such as medicine ball slams. By combining the two, you have enhanced the interval session (thus the EIT label).

The rope is also ideal for circuit training (ICT). As mentioned within the DVD, the rope is an ideal addition to a bodyweight based circuit routine. There are related samples in the workout section of this e-book.

The jump rope can also be used as an *addition* to an ICT or EIT workout. You could start with an interval or circuit routine, and then finish with the jump rope. For example, I often receive

questions from individuals who are uncertain if they have performed enough work after finishing a short, yet intense conditioning routine. While the routine itself may be extremely intense, many wonder if they need to perform more work afterward. The rope makes an ideal addition if you find yourself in that situation.

For example, consider the recent popularity of the Tabata interval protocol. While clearly intense, Tabata intervals are also quite brief. Regardless of how hard you work, you can expect to be finished within minutes. For those who need more work, you could proceed to the jump rope after finishing your intervals.

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How do you include all of the skipping variations within a single routine?

The short answer is that you probably won't. As you become more proficient with the rope, you will have a long list of skipping styles available to you. During many sessions, you will not have a chance to work through each skipping variation. For example, you cannot expect to work through too many variations on a day when you are scheduled for sprint intervals on the rope. During such intervals, you will maintain a maximal effort by sprinting in place with high knees. If you wanted to focus *some* attention to coordination on an interval day, do so by starting or finishing with a 5 or 10 minute warm-up or cool-down. Use that time to include more variety.

Typically, it is more likely that you can practice a variety of turning styles within a longer, continuous session. Suppose you plan to skip rope for 30 minutes today. During that time, you can certainly include some faster bursts, but you also have plenty of time to mix in a wider variety of turning styles.

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When I work through timed rounds with the rope, should I have a particular sequence of turning styles that I follow?

As a beginner, it may be useful to make a list of turning styles that you wish to practice during a workout. For example, suppose you know two alternating foot step variations and two bounce step variations. Jot down a few notes before starting your routine so the different variations are fresh in your mind. You can then cycle through them randomly throughout your workout.

I simply caution you against becoming too robotic when working with the rope. Rope skipping should be a loose activity, not something that is mechanical and performed without active thought. Performing the exact sequence over and over again takes away from some of the key and unique benefits of rope skipping.

When I skip rope, no two rounds are the same. I constantly cycle through new and different skipping patterns and movements. Performing the same sequence repeatedly would be similar to performing a choreographed routine. Creativity and real time decision making are removed from the equation.

Keep your rope work loose, creative, and constantly varied. The rope should help you to develop rhythm. It should not promote repetitive, mechanical actions.

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Jump rope workouts are often quite brief. Should I do something else to extend the length of the routine?

It is true that many jump rope workouts are brief. There are a few reasons for the brevity. First, the workouts are often quite demanding. You do not need a lot of time for a quality conditioning session. Less can be more when discussing volume in relation to high intensity conditioning workouts.

Furthermore, it is rare to focus all of your attention towards a single piece of equipment. For example, a professional mixed martial artist does much more than train with a jump rope. He has a long list of training objectives to address. There is only so much time that can be devoted to each area.

It is not uncommon for fighters to have already performed a considerable amount of work before beginning a jump rope session. These athletes want to hit the rope hard as a supplement to the sport work that has already been performed (ex. sparring, mitt work, bag work, etc.). The jump rope is considered a valuable addition, not the primary means of training.

Conversely, those who are not competitive athletes may prefer the brief nature of many jump rope conditioning routines. If you feel that you have more gas in your tank however, you can certainly expand upon your routine. There are countless options. For example, you can always add some continuous rope work to an interval session. Start with 10 minutes of skipping before working through the intervals.

You can also target other, unique objectives. For example, you may begin with a rope workout, and then continue by targeting other objectives. Perhaps you will train the neck and core afterward. Or perhaps you will work through a series of bodyweight calisthenics. There are always bits and pieces that you can add to the beginning or end of a jump rope routine.

In summary, the decision to add more work depends on the needs and ability of the individual. There is not a right or wrong answer. Determine what makes sense for you based on what you would like to achieve.

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In the DVD, you mentioned that certain coaches do not believe backwards skipping is necessary? I've always considered backwards skipping to be quite valuable. How or why would anyone overlook the associated benefits?

I doubt anyone would deny the coordination challenge that is associated with backwards skipping. There are plenty of coaches however that do not believe it is necessary to learn. So while they may agree that backwards skipping presents a challenge, the real issue is whether or not it is necessary or beneficial for a fighter to coordinate themselves to skip in this fashion.

Regardless of your feelings towards backwards skipping, it is impossible to deny that plenty of athletes have become quite successful without it. Perhaps the greatest (and most recent) example can be seen within the video clip that follows.

Take a look as Manny Pacquiao attempts to skip backwards. It is an amusing video as one of the best fighters in recent history struggles to successfully skip just a few times over the rope. Click the image below to watch the video on Youtube.



As for my own feelings on the subject, I mentioned within the DVD that I am not strongly for or against backwards skipping. I believe it *can* be useful just because it presents a new and different challenge. I simply caution competitive athletes against focusing too much time towards practicing the skill. If you wish to take on the challenge, start with a few minutes at a time before working through your primary session. Most proficient rope skippers can learn to skip backwards in a matter of days. I am sure Pacquiao could do the same if he took a day or

two to practice. Clearly, it is not something that has been necessary for him however, as he is not only well conditioned, but also known for his incredible foot speed inside the ring.

In summary, there is not a right or wrong opinion regarding the use of backwards skipping. There are success stories from both sides of the fence.

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I have heard that triple unders are usually performed with a shorter speed rope. Will it help to practice with a shorter rope when progressing to triple unders?

No, a shorter rope is not necessary to perform triple unders. For example, within the DVD, I actually used a longer rope than what I typically use on my own.

If you are first learning how to perform triple unders, I suggest using the same rope that you have been using all along. It should be the same rope that you use to comfortably perform double unders in a relaxed manner (as demonstrated within the DVD).

Switching or altering your rope for a single skill can be problematic. Once you are done practicing the new movement, your original rope may not feel right when you return to regular rope work. I therefore suggest working with what you are already comfortable using.

Lastly, assuming that you are performing double unders with ease, you are already using a rope that allows for considerable turning speed. If it was slow, you would still be struggling with double unders. To progress to triples, you just need more practice mastering the required coordination.

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How long does it typically take to master difficult turning styles such as triple unders? I do not seem to be making any progress.

There is no single answer to the question. Different athletes will progress at different rates. Training to master a difficult turning style is much different than performing exercises that are based solely on strength or conditioning. With the rope, you are encountering a coordination challenge. You cannot muscle yourself through such a challenge. Instead, you must frequently practice the new turning style when fresh.

Attempting to will your way through the learning curve often leads to more frustration. As fatigue sets in, you will become more prone to error. This is particularly true for turning styles that are also physically demanding. The triple under not only presents a coordination challenge,

but it is also a physically demanding turning style. The upper body must move extremely fast and you must jump higher than you normally would when performing basic rope skills. Consequently, fatigue may develop sooner than expected.

Therefore, it is not uncommon for it to take several weeks, if not months, to master variations such as the triple under. You are dealing with a challenging movement that you must practice frequently when fresh. Unfortunately, the movement also leads to fatigue, thus limiting the amount of time that you can dedicate towards each practice session.

In summary, prepare yourself for the long haul and expect to be challenged. Do not assume that you will master challenging turning styles in a matter of days. You can however master almost all of the skills if you remain patient, consistent, and diligent. Do not underestimate the potential of short practice sessions (if regularly performed). In addition, follow my advice and video tape yourself when struggling with a new skill. Visual feedback is as powerful as any. Seeing where your mistakes originate will eliminate guesswork.

For example, are you jumping higher than is necessary? Are your wrists rising too high? Or perhaps you still struggle to fluidly make three rope turns in a coordinated fashion. Without seeing for yourself, you may never determine what is truly delaying your progress.

Identify the source of the problem and then work patiently to correct it. Do not worry about how long it will take. Instead, know that it is only a matter of time if you continue to practice and do not allow frustration to get the best of you.

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Much of your discussion has been focused on boxers and mixed martial artists. How should athletes from other sports use the rope? Are there key differences between combat athletes and those involved in non-combat sports?

There is no denying that I am heavily influenced by my past experience as a fighter and my current involvement as a boxing trainer. That is the world I come from and the world I am involved with on a daily basis.

Yet despite my boxing background, I've witnessed athletes from several sports who have significantly benefitted from the jump rope. I've seen athletes from football, basketball, baseball, tennis, rugby, and soccer that have all done quite well. And that's just my own observations; there are certainly athletes from other sports who have also done well with the rope.

As for how the rope should be used by other athletes, there is no need for major modifications. Athletes from all sports will benefit by improving attributes such as coordination, balance, agility, endurance, footwork, etc.

Perhaps the most obvious difference between these athletes and a boxer or mixed martial artist is that their sports are not based on timed rounds (ex. 3 or 5 minute rounds). Therefore, the work-to-rest ratios used by other athletes can vary. Many do find that timed rounds are convenient however. You do not need to be a boxer to work with three minute rounds on the rope. Working with a timed round whether it is 60 seconds, 120 seconds, 180 seconds, etc. is really just one of many options for interval training. A three minute round is a three minute interval.

Just as an athlete who performs 30 second intervals does not necessarily compete in a 30 second sport, an athlete who skips rope for three minute rounds does not necessarily compete in a sport that is based on three minute intervals.

Regardless of what sport you play, the best approach to jump rope training is one that is varied. As stressed throughout the DVD, do not put all of your eggs into one basket. Mix up your jump rope training by working with shorter intervals, timed rounds, and longer, continuous sessions. Such an approach will foster much greater improvements.

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I train primarily for strength. How can I implement the jump rope into my routine? Should I use it before or after I lift?

The rope could be used for a general warm-up to raise body temperature, but you should not use the rope as a conditioning tool before lifting.

When targeting multiple attributes within a single session, the commonly accepted sequence is as follows:

1. Technical skill training
2. Speed and agility
3. Strength
4. Endurance

Rarely will you target so many objectives within a single routine, but it is still useful to consider the general order. If strength is your primary goal, lift weights when you are fresh. Do not fatigue yourself with an intense rope workout before. Doing so will detract from the strength work to follow. You will make better strength gains by lifting first.

If you wish to use the rope on the same day that you lift, consider adding a short finisher to close out your session. For example, following your strength workout, you could finish with 10 minutes of rope work.

Another option is to perform dedicated conditioning workouts on separate days. For example, suppose you lift weights three days per week. You could include a rope based conditioning workout on non-lifting days. Such an approach will allow you to focus more attention to conditioning within each of these rope workouts.

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Suppose I plan to skip rope four days per week. Is it useful to periodize my rope skipping or should I simply vary my skipping style from time to time?

First, your own needs and abilities must be considered. If you are new to training, it does not make sense to jump into high speed intervals. You will be well served to first establish a solid base with moderately paced activity. As your fitness and rope skipping proficiency improve, you can begin to perform more intense rope workouts. As for whether a formal periodization plan is necessary for the rope, I do not personally use one, nor do the athletes I train. I do however include variety throughout the week. As for your options, there are several.

Within the sample routines that follow, you will notice:

1. Continuous sessions
2. Shorter intervals
3. Timed rounds
4. Circuit based routines

The rope could also be used solely as a means to warm-up or as a brief finisher following another workout.

In summary, when mapping out a schedule, I encourage you to include variety throughout the week. If you trained with the rope four days per week, you could literally devote one day to each of the four styles from above. Once again though, individual needs must be considered. What makes sense for one athlete may not make sense for another. For example, suppose you perform a dumbbell circuit on Monday. It will not make sense for you to follow up with a rope based circuit routine the next day. Clearly, your own training schedule must be considered. What makes best sense for you (with the rope) will depend on what else you are doing throughout the week.

Therefore, there is not a single, mandatory approach to jump rope training. Athletes are not robots. We are all unique individuals with different interests, goals, schedules, and experiences. My own experience however has shown that a varied approach tends to be the best long term strategy for rope training. Such an approach prevents boredom and regularly provides me with new and different challenges.

Consequently, I tend to cycle through the various workout styles. If I perform a continuous rope session today, I will most likely do something different the next time I use the rope. The same can be said for the shorter intervals. If I push through a brief interval session today, I will most likely opt for a different approach the next day. And while some may consider such an approach excessively informal, it is an approach that has worked well for me for many years.

I have used the jump rope as much as anyone and I am yet to be bored with it. Regularly varying how I use the rope is certainly a contributing factor for my prolonged interest in the tool. Not only do I continue to enjoy the rope, I continue to benefit from it. If I performed the same rope workout each day, I doubt that would be true.

It is often said that variety is the spice of life. It is also the key to long term enjoyment and continuous benefits with the jump rope.

Sample Workouts

Jump Rope Workout #1

- 5 minutes continuous skipping – rest 60 seconds
- 5 x 60 seconds (sprint in place) – 30 seconds of rest between intervals
- 5 x 30 seconds (sprint in place) – 15 seconds of rest between intervals

Notes

1. Begin with five minutes of continuous rope skipping. During this time, integrate a variety of skipping styles and transitions. Focus on footwork, coordination, and rhythm. Rest 60 seconds and then begin the interval routine.
2. Following the fifth 60 second interval, you will rest 30 seconds and then continue with the first of five 30 second intervals.
3. Try to complete the intervals without any side to side transitions. Use a traditional turning style as you sprint in place as fast as possible.
4. Due to its brevity, this workout is ideal as a finisher. For example, a boxer could use this workout at the end of a skill training session. If used as a finisher, you can drop the five minute rope warm-up.

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Jump Rope Workout #2

- 1 x 3 minute round (high speed freestyle) – rest 30 seconds
- 2 x 2 minute rounds (high speed freestyle) – rest 30 seconds between each
- 3 x 1 minute rounds (sprint in place) – rest 30 seconds between each
- 4 x 30 second rounds (alternate between double unders and sprint in place) – rest 30 seconds between each

Notes

- Begin with a 3 minute freestyle round. Strive to maintain a fast pace, mixing in a variety of turning styles and transitions.
- You will next perform two 2 minute rounds. These rounds will be similar to the three minute round. Continue to push the pace as you work through a variety of turning styles and transitions.
- You will then perform three 60 second intervals where you are sprinting in place with the rope. Bring the knees high and avoid side to side transitions.
- You will then progress to four 30 second intervals. Rotate between double unders and a sprint in place. For example, perform double unders during the first and third 30 second interval. Sprint in place for the second and fourth interval.
- Advanced athletes can repeat the entire sequence (if time permits)

Jump Rope Workout #3

- 6 x 2 minute intervals – rest 30 to 60 seconds after each 2 minute interval
 - 60 seconds x high speed freestyle
 - 30 seconds x double unders
 - 30 seconds x sprint in place

Notes

1. This workout consists of six 2 minute intervals. More advanced athletes can perform eight to ten rounds (intervals). Each 2 minute interval is comprised of three parts. The first 60 seconds should be dedicated to footwork, coordination, and rhythm. During this time, integrate a variety of turning styles, footwork patterns, and transitions.
2. Next, you will transition to 30 seconds of double unders. Integrate different double under variations as you become more proficient.
3. Close the interval with 30 seconds of sprint style rope work. Integrate criss-cross turning if you wish, but do not include side to side transitions.
4. After finishing a 2 minute interval, rest 30 to 60 seconds before continuing with another.

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Jump Rope Workout #4

- 4 x 3 minute intervals – rest 30 to 60 seconds after each 3 minute interval
 - 30 seconds x double unders
 - 30 seconds x rhythm, footwork, and coordination
 - 30 seconds x sprint in place
 - 30 seconds x rhythm, footwork, and coordination
 - 60 seconds x high speed freestyle

Notes

1. This workout consists of four 3 minute intervals. More advanced athletes can progress past four intervals, upward to six or more. Each 3 minute interval follows the same sequence. You begin with 30 seconds of double unders. Integrate different double under variations if possible.
2. The next 30 seconds should be dedicated to footwork, coordination, and rhythm. During this time, integrate a variety of turning styles, footwork patterns, and transitions.
3. You will then continue with 30 seconds of sprint style rope work. Avoid side to side transitions. Add a criss-cross if you wish (optional).
4. Next will be another 30 seconds devoted to rhythm, footwork, and coordination.
5. Finish the round with 60 seconds of freestyle work. Attack the final 60 seconds with a faster pace than what was used during the 30 seconds that you just dedicated to rhythm, footwork, and coordination.

Jump Rope Workout #5

- Skip rope for 10 to 30 minutes without stopping
- Devote the first 45 seconds of each minute to rhythm, footwork, and coordination
- Finish the last 15 seconds of each minute at an intense pace

Notes

1. This workout is an example of a continuous skipping session that adds *some* structure to what is primarily a freestyle session. You can apply this workout to continuous sessions of any duration. Common lengths for continuous sessions range from 10 to 30 minutes.
2. The first 45 seconds of each minute will be dedicated to freestyle skipping. Integrate a variety of turning styles as you focus on improving qualities such as rhythm, footwork, and coordination.
 - a. Increase the pace of each 45 second block when possible.
3. You will then skip at full speed for the final 15 seconds of each minute. Choose a fast paced skipping style such as sprinting in place, a criss-cross sprint, or double unders. Do not use the same style during each 15 second burst.
 - a. More advanced athletes may eventually progress past 15 second bursts (ex. 20, 25, etc.)

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Jump Rope Workout #6

- Skip rope for timed rounds (ex. 1, 2, 3, 4, or 5 minutes) - rest 30 to 60 seconds between each round
- Perform 3 to 10 rounds depending on ability, needs, and round duration

Notes

1. Skipping rope for timed rounds is common amongst boxers and mixed martial artists. Boxers commonly skip for 3 minute rounds, while mixed martial artists commonly skip for 5 minute rounds. Rest between rounds is usually 30 or 60 seconds depending on the level of the athlete.
2. Non-fighters may also find it convenient to skip rope for rounds. Almost any duration can be used. Longer is not always better however. For example, a 2 minute round allows for a much faster pace than a 5 minute round.
3. Beginners can begin with 1 minute rounds. Start by working with the bounce step and alternating bounce step. Gradually introduce new skills whenever possible.
4. More advanced athletes should work at a faster pace, incorporating a wider range of skipping styles. Each round is essentially a freestyle session.
5. Strive to gradually increase the pace of each round from week to week. I also find it useful to close each round with 30 seconds of all out skipping. Such an approach is particularly useful for fighters as it reinforces the importance of finishing strong.
6. No two rounds should look the same. Constantly mix and match different turning styles, transitions, and rhythms.

Jump Rope Workout #7

30 minutes of continuous work

- 5 minutes x jump rope
- 1 minute x shadow box
- 4 minutes x jump rope
- 2 minutes x shadow box
- 3 minutes x jump rope
- 3 minutes x shadow box
- 2 minutes x jump rope
- 4 minutes x shadow box
- 1 minute x jump rope
- 5 minutes x shadow box

Notes

1. This routine calls for 30 minutes of continuous work. You will cycle between one exercise and the next without rest. For example, upon completing the first 5 minutes of rope work, drop the rope and immediately transition into shadow boxing.
2. The pace of your rope work should increase as the round lengths decrease.
3. Perform fast paced freestyle rope work for each round (except the last)
4. The final 1 minute of jump rope should be performed as an all out sprint. Do your best to push through the entire minute without any side to side transitions.
5. For those unfamiliar with shadow boxing, simply throw multiple punch combinations in the air (as if you were boxing a shadow). Include kicks as well if you'd like.
6. Do not view the shadow boxing portion of this routine as active rest. Instead, strive to push yourself with fast paced combinations.
7. Finish the last 5 minutes of shadow boxing as fast as possible. Imagine yourself fighting in the final round of a bout where you must win by knockout.

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Jump Rope Workout #8

- Jump rope 40 seconds, rest 20 seconds
- Sledgehammer swings 40 seconds, rest 20 seconds
- Shadow box 40 seconds, rest 20 seconds
- Repeat 7 times (total time = 21 minutes)

Notes

1. Cycle through the three movements listed above continuously for a 21 minute session.
2. Maintain a fast pace throughout each jump rope sequence. Integrate a variety of turning styles, but minimize side to side transitions.
3. Work both sides evenly when swinging the sledge.
4. Throw fast combinations when shadow boxing.

Jump Rope Workout #9

- 30 seconds x weighted punch-outs (using 1 to 3 pound hand weights)
- Rest 30 seconds
- 30 seconds x jump rope (sprint in place)
- Rest 30 seconds
- 30 seconds x weighted punch-outs (using 1 to 3 pound hand weights)
- Rest 30 seconds
- 30 seconds x jump rope (sprint in place)
- Rest 30 seconds
- Repeat this sequence 5 times (total of 20 minutes)

Notes

1. This 20 minute workout will challenge muscular endurance (particularly the shoulders).
2. Weighted punch-outs consist of non-stop punching with light hand weights. Continue a basic 1-2-1-2 combination for the full 30 seconds (1 = jab, 2 = straight right hand).
3. Following each punch-out sequence, you will rest 30 seconds and then jump rope with either a sprint in place or double under variation.
4. Higher level athletes can work beyond the 30 second mark (ex. 35 seconds of work, 25 seconds of rest for each minute).
5. For a shorter finisher, cut the workout in half (perform the above listed sequence twice for a total of 10 minutes).

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Jump Rope Workout #10

- Jump rope x 2 minutes
- 50 bodyweight squats, 50 pushups
- Jump rope x 2 minutes
- 40 bodyweight squats, 40 pushups
- Jump rope x 2 minutes
- 30 bodyweight squats, 30 pushups
- Jump rope x 2 minutes
- 20 bodyweight squats, 20 pushups
- Jump rope x 2 minutes
- 10 bodyweight squats, 10 pushups
- Jump rope x 2 minutes

Notes

1. Rest as needed when performing the pushups and squats but strive to complete the jump rope portion of the session without rest.
2. Incorporate a variety of turning styles and transitions when skipping rope, but try to finish each 2 minute round with a faster burst (ex. 15 to 30 seconds of a faster turning style such as sprinting in place or double unders).
3. Gradually strive to increase the pace of each 2 minute round whenever performing this routine.

Jump Rope Workout #11

- 20 double unders
- 10 pushups
- Alternate between these two movements continuously for 2 minutes
- Rest 30 to 60 seconds between round (perform 6 rounds)

Notes

1. Simply alternate between 20 double unders and 10 pushups continuously for 2 minutes. More experienced athletes can work with 3 minute rounds.

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Jump Rope Workout #12

- Jump rope x 30 seconds (sprint in place)
- 10 Burpees
- 10 Pushups
- 10 Bodyweight Squats
- Repeat the circuit 10 times (rest only as needed)

Notes

1. If you would rather not track time with the rope, skip for a certain number of rope turns (ex. 100).
2. You will then continue with 10 burpees, 10 pushups, and 10 bodyweight squats. Strive to complete the entire workout as fast as possible.
3. I have used this workout with athletes for over 10 years now and it is always challenging.

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Jump Rope Workout #13

- Jump rope x 90 seconds (sprint in place)
- Slam medicine ball 20 times (or swing sledgehammer 20 times)
- Rest 60 seconds (Repeat six times)

Notes

1. This workout calls for 90 second intervals on the jump rope, followed by 20 reps of medicine ball slams or 20 sledgehammer swings. If you swing a sledge, perform 10 swings per side (ie. 10 with left foot in front, 10 with right foot in front).
2. It is typically more difficult to perform this workout with the sledge as forearm fatigue will make the jump rope portion of the session much more difficult.
3. Strive to sprint in place throughout the entire 90 second round, resisting the temptation to include side to side transitions.

Jump Rope Workout #14

- 50 rope turns (sprint in place)
- Burpee pyramid from 1 to 10, and back to 1 (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1)
- Alternate between 50 rope turns and a single set of burpees

Notes

1. Turn the rope 50 times per set with a sprint in place style.
2. To increase the challenge, turn the rope 100 times. If you are working at a speed that is difficult to count, only count when one leg steps over the rope. For example, count each right leg step and then multiply by two. With such an approach, 50 right foot steps over the rope will equate to 100 rope turns.
3. Following each set of skipping, you will work through one set of burpees. Each set is one step in the pyramid. You will work up to 10 burpees and then all the way down to a single rep. For example, you will perform 50 rope turns + 1 burpee, 50 rope turns + 2 burpees, 50 rope turns + 3 burpees, etc. Continue this pattern until you reach 10 burpees. You will then work down the pyramid (ex. 50 rope turns + 9 burpees, 50 rope turns + 8 burpees, 50 rope turns + 7 burpees, etc.). Continue until you are back at 1 burpee.
4. The entire workout consists of 100 burpees and either 500 or 1000 rope turns.

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Jump Rope Workout #15

- Pushups x 30 seconds
- Jump rope x 30 seconds
- Bodyweight squats x 30 seconds
- Jump rope x 30 seconds
- Pull-ups x 30 seconds
- Jump rope x 30 seconds
- Lunges x 30 seconds
- Jump rope x 30 seconds
- Medicine ball slams (or sledgehammer swings) x 30 seconds
- Jump rope x 30 seconds
- Rest 1 to 2 minutes and repeat (perform 3 to 5 circuits)

Notes

1. This circuit calls for five minutes of continuous work. Following its completion, you will rest 1 to 2 minutes before continuing with another pass through the circuit.
2. Minimize downtime when transitioning from one exercise to the next. For example, if your interval timer sounds off every 30 seconds, stop what you are doing immediately upon hearing the bell and transition as fast as possible into the next exercise.
3. Perform each 30 second block of rope work to the best of your ability. It is natural for fatigue to set in quickly so do your best to maintain a brisk pace.

Jump Rope Workout #16

- Jump rope x 60 seconds (bounce step variations)
- Squats x 30 seconds, Pushups x 30 seconds
- Jump rope x 60 seconds (alternating foot step variations)
- Plank x 60 seconds
- Jump rope x 60 seconds (full speed, sprint in place and double unders)
- Rest 1 to 2 minutes and repeat 3 to 5 rounds

Notes

1. This circuit calls for five minutes of continuous work. Following its completion, you will rest 1 to 2 minutes before continuing with another pass through the circuit.
2. Minimize downtime when transitioning from one exercise to the next.
3. Perform each 60 second block of rope work to the best of your ability. It is natural for fatigue to set in quickly so do your best to maintain a brisk pace.

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Jump Rope Workout #17

Rounds 1 and 3 (each round is 3 minutes)

- Begin with 50 double unders
- Continue skipping with bounce step variations until 30 seconds remain in the round (ex. side to side movement, front to back, criss cross the feet, etc.)
- Finish the last 30 seconds with an all out sprint on the rope with high knees

Rounds 2 and 4 (each round is 3 minutes)

- Begin with 50 double unders
- Continue skipping with alternating foot step variations until 30 seconds remain in the round (ex. side to side movement, front to back movement, side to side transitions, etc.)
- Finish the last 30 seconds with an all out sprint while criss-crossing the rope

Notes

1. Each round begins with 50 double unders. Advanced athletes can perform different variations of the double under.
2. Following the sequence of double unders, continue skipping with either a bounce step rhythm (rounds 1 and 3) or an alternating foot step rhythm (rounds 2 and 4). Practice all of the skills that you know, while mixing in side to side transitions occasionally. Strive to maintain a brisk turning speed with your rope as you freestyle for approximately 2 minutes.
3. Finish the last 30 seconds of the round with an all out sprint on the rope.
4. Rounds 2 and 4 will include a sprint in place while criss-crossing the rope. If you are unable to criss-cross the rope, simply sprint in place with high knees.
5. More advanced athletes can perform 6 rounds.

Jump Rope Workout #18

Round 1

Double unders x 20
Pushups x 2
Double unders x 18
Pushups x 4
Double unders x 16
Pushups x 6
Double unders x 14
Pushups x 8
Double unders x 12
Pushups x 10
Double unders x 10
Pushups x 12
Double unders x 8
Pushups x 14
Double unders x 6
Pushups x 16
Double unders x 4
Pushups x 18
Double unders x 2
Pushups x 20

Round 2

Sledgehammer swings x 20
Double unders x 2
Sledgehammer swings x 18
Double unders x 4
Sledgehammer swings x 16
Double unders x 6
Sledgehammer swings x 14
Double unders x 8
Sledgehammer swings x 12
Double unders x 10
Sledgehammer swings x 10
Double unders x 12
Sledgehammer swings x 8
Double unders x 14
Sledgehammer swings x 6
Double unders x 16
Sledgehammer swings x 4
Double unders x 18
Sledgehammer swings x 2
Double unders x 20

Notes

1. This workout consists of two rounds. The first round consists of 110 double unders and 110 pushups. The second round consists of 110 double unders and 110 sledgehammer swings.
2. Begin by working through the first round, resting only when needed. Continually transition from one set of double unders to one set of pushups without rest. Following the completion of the first round, rest 1 to 2 minutes before starting round 2.
3. With the second round, swing a sledgehammer to a suitable striking surface such as a large tractor tire. Divide the reps evenly per side (ex. 20 reps = 10 with the right foot in front, 10 with the left foot in front).
4. More experienced athletes can perform the workout with different double under variations.

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Jump Rope Workout #19

- 100 rope turns with jump rope
- 10 Plyometric pushups
- 15 Medicine ball slams
- 20 Lateral jumps over the med ball
- Repeat 8 times, striving to finish all 8 circuits as fast as possible

Notes

1. Begin with 100 turns of the rope. If you are working at a speed that is difficult to count, only count when one leg steps over the rope. For example, count each right leg step and then multiply by two. With such an approach, 50 right foot steps over the rope will equate to 100 rope turns.
2. You will then cycle through a series of explosive movements. For the plyometric pushups, you can clap the hands together with each rep or simply push off the ground as high as possible with each rep.
3. For the lateral jumps, you can hop over the medicine ball used for slams or choose another object of similar height. Each jump (in either direction) counts as a rep.
4. Complete this circuit 8 times as fast as possible.

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Jump Rope Workout #20

Tabata Intervals (Each lasting 4 minutes)

- Jump rope - 8 x 20 second intervals, 10 seconds rest after each (4 minutes total)
- Bodyweight squats - 8 x 20 second intervals, 10 seconds rest after each (4 minutes total)
- Pushups - 8 x 20 second intervals, 10 seconds rest after each (4 minutes total)
- Jump rope - 8 x 20 second intervals, 10 seconds rest after each (4 minutes total)

Notes

1. This workout consists of four rounds of Tabata intervals. You will perform 8 intervals for each exercise. The interval length is 20 seconds, followed by 10 seconds of rest.
2. You will start with the jump rope. Sprint in place as fast as possible throughout each interval.
3. Following the 8th rope interval, rest 10 seconds and transition immediately into the next exercise (bodyweight squats). You will do the same upon completion of the squats. Rest 10 seconds and transition to pushups.
4. The bodyweight squats and pushup intervals are primarily strength endurance based. Both upper and lower body will become fatigued upon completing these two exercises.
5. If you are unable to perform pushups for the full 20 seconds, transition to pushups from the knees (only when necessary).
6. You will then finish with a final interval sequence on the jump rope. You will be much more fatigued at this point than when you started the routine. Do your best to push the pace with these intervals, although expect to be moving slower than when you began.

Additional Thoughts

To conclude this brief electronic book, I will address a few remaining topics.

Beginner Options

As you browse through the sample workouts from this e-book, you will notice that many are quite challenging. Even well conditioned athletes may struggle with the routines if they are still learning to skip properly. A beginner to jump rope training is not necessarily a beginner to intense conditioning work. One could be a high level athlete yet struggle with a fast paced jump rope routine if the rope is still foreign to him.

Therefore, if you are still learning how to skip properly, please refer to the recommendations presented within the DVD. Do not frustrate yourself by struggling through a rope based conditioning workout.

As discussed throughout the video, beginners (to rope training) must first become proficient with the jump rope before it can be used as a conditioning tool. If rope work is new to you, target it as you would a new skill. Short, frequent practice sessions are the best way to advance. Perform such sessions when you are fresh, not fatigued. It is much more difficult to learn a new skill if you are fatigued from prior work.

As your proficiency improves, you can gradually add the jump rope to your conditioning arsenal. When first using the rope for conditioning, use it alone. Do not mix in other exercises (ex. circuits). Get yourself comfortable performing continuous sessions at a moderate pace and then shorter intervals at a faster pace. Begin by mixing and matching a few alternating foot step and bounce step variations. Even the simple addition of movement (ex. front to back, side to side) can provide for a challenging workout in the early stages.

As your comfort level increases with the rope, you can begin to mix in other movements within your rope sessions.

As for the workouts presented in this e-book, expect to make modifications as a beginner. Many of the workouts will be difficult even to those who are experienced with jump rope training. There is no shame in modifying the workouts to suit your current fitness level. Workouts can be modified in several ways.

A few examples include:

- Reduce round length
- Reduce the total number of rounds
- Extend rest between intervals (or circuits)
- Reduce number of repetitions for each exercise
- Choose less difficult exercises or rope variations

Initially, you may need to make more than one modification. For example, when first attempting the jump rope circuits, you may need to reduce repetitions with certain movements, extend rest between circuits, and work with a less challenging jump rope variation. Do not think less of yourself if such modifications are necessary.

With a consistent approach, your work capacity specific to rope skipping will steadily improve. You will become better at jumping rope, while simultaneously enhancing attributes such as conditioning, coordination, footwork, balance, and more. Such improvements will not happen overnight, but they will happen in time if you remain patient and diligent.

New Skill Development

Once you are proficient with the rope and feel comfortable using it as a conditioning tool, there will still be new skills that you wish to learn. For example, you may be comfortable sprinting in place with the rope, but perhaps you struggle with double unders. To learn the new skill, you can target it similarly to how a beginner will first learn to skip. Perform frequent practice sessions early in your workout.

Suppose you plan to perform intervals on the rope today. Take five or ten minutes to first practice double unders before starting the interval workout. Keep the practice session brief, stopping before frustration sets in. Upon completion of the short practice session, you can continue with the interval workout. With such an approach, you will still experience the conditioning benefits of the rope while gradually working to master new skills. A related example was included within the DVD when I discussed how to practice backwards skipping without interfering with your primary workout.

As you add bits and pieces to your routine, you will be surprised at how quickly they accumulate. Regular 5 or 10 minute practice sessions will lead to significant improvements. The key to continuous improvement is to *make* time for these small additions and then hold yourself accountable to regularly perform these practice sessions. Practice is the mother of all skills. No one is born knowing how to skip rope effectively. Those who have mastered the rope not only worked hard, but were also consistent and patient with their development.

Scriptless Training

Despite listing several sample routines within this e-book, I want to conclude with a brief discussion of scriptless training and how it applies to the rope.

Scriptless training is a phrase that I coined in a previous DVD. The basic premise was that you perform work without a predefined routine or script to follow. For example, suppose you were working through a circuit routine that consisted of four exercises (ex. burpees, bodyweight squats, shadow boxing, and pull-ups). The routine required that you perform these exercises continuously for several three minute rounds. An example of a scriptless round would be to work through those exercises in any order with any rep range for the designated time period (ie. 3 minute rounds). As long as you were continuously exercising with one of the four movements, you would satisfy the requirements for the workout.

The same idea can be applied to the jump rope (on its own). Much of what many athletes do with the rope is scriptless. For example, suppose you are a boxer who plans to perform six rounds of rope work after a sparring session. Each of the six rounds will be unique. You do not need an exact routine or sequence to follow. Some of the best rope work is performed with this approach. You will essentially freestyle throughout the round, pushing yourself to the best of your ability.

Such an approach to jump rope training is similar to Fartlek for a runner. Fartlek means *speed play* in Swedish. A Fartlek running session is one that is unstructured. Intensity and speed are constantly varied. You essentially switch back and forth between periods of exertion, followed by periods of lighter running. You speed up and slow down as you like (based on how you feel and your abilities).

The same concept can be applied to rope training for timed rounds or longer, continuous sessions. You would cycle through various skipping styles and intensities based on how you feel and your ability. With such an approach, you do not follow an exact sequence of skipping styles. You instead mix in whatever variations you want. Such an approach to rope skipping is both beneficial and enjoyable. It is never boring as no two rounds are ever the same.

Such an approach is also useful as you don't need to worry about watching the clock or counting rope turns. You can instead turn up the music and feed off the rhythms that you hear.

In summary, although I have presented several sample workouts, I wanted to close this section by reiterating that rope work should not always be performed with regimented routines. Clearly, there will be times when you wish to perform specific workouts to challenge yourself and gauge progress. I am obviously not against such work considering the structured routines that I have provided within this file. I simply caution you against limiting yourself to such an approach.

There is so much more to jump rope training than structured, predefined routines. Having skipped rope for almost 30 years, many of my best rope workouts have been those that would have looked basic on paper. Whether working through several three minute rounds or a continuous thirty minute session, I have regularly pushed myself to the max without any routine to follow.

Such workouts allow me to challenge myself. I am also free to mix and match new and different skipping variations whenever I choose. I do not need a written routine to ensure that I challenge myself. I will push myself no matter what I am doing. Paper routines are not necessary for motivation.

Conclusion

To conclude this electronic book, I encourage you to accept the challenge of mastering the rope. In doing so, you will arm yourself with one of the most convenient and effective conditioning tools in the history of athletics.

Once mastered, all that you will need for a quality conditioning workout is a rope and a place to skip. The jump rope is a tool that you will never outgrow. It has stood the test of time for good reason. History confirms the effectiveness of the rope. Plain and simple, it works.

All that is necessary is for YOU to work with it.

And remember, how hard you work with the rope is always up to you. You get what you put into it. Constantly strive to improve your output with the rope and the results will follow.