

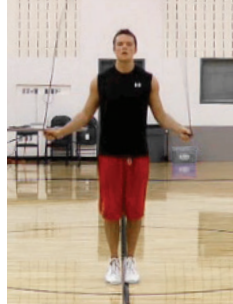
ELITE GUARD TRAINING JUMP ROPE

KEYS:

- No rest during the entire circuit. Try to never let the rope stop moving!
- Stay on the balls of your feet. Don't let your heels touch the ground.
- Focus on "relaxed speed". Go as fast as you can, but without "tensing your body" in the process.

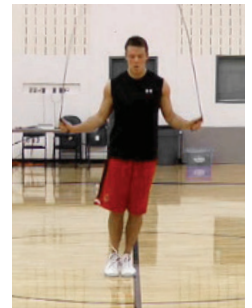
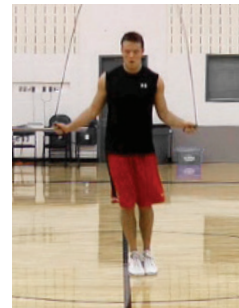
1. 2 Foot Bounce x 50

- Bounce lightly on both feet
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



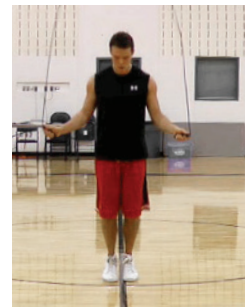
2. 2 Foot Lateral Line Bounce x 50

- Bounce laterally over a line on both feet
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



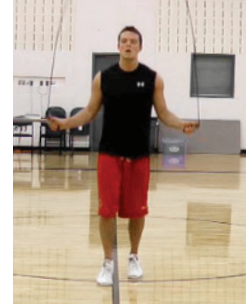
3. 2 Foot Vertical Line Bounce x 50

- Bounce vertically over a line on both feet
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



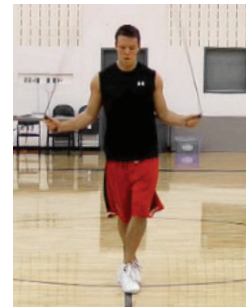
4. Boxer Shuffle x 50

- Bounce lightly while shuffling your feet with one in front and one behind, alternating between feet on each bounce
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



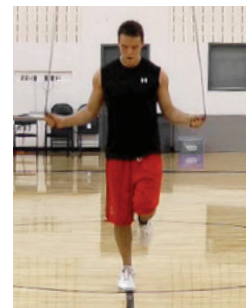
5. X-Steps x 50

- Bounce lightly while alternately crossing one foot over the other, alternating between feet on each bounce
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



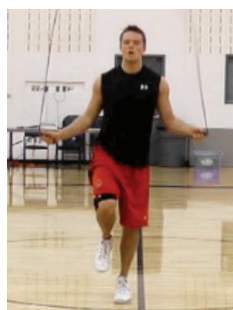
6. Rocky Steps x 50

- Bounce lightly, alternating between feet on every OTHER step. Rhythmically kick the off-foot away from your body
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



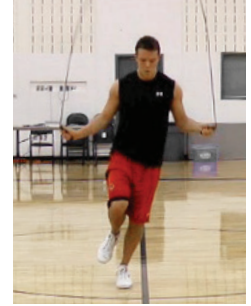
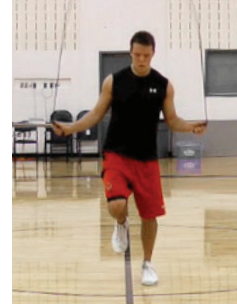
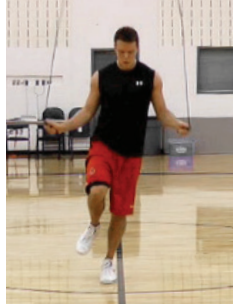
7. One Foot Bounce x 50 each foot

- Bounce lightly on one foot
- Keep your body relaxed and loose, while staying on the ball of your foot
- Perform 50 total rope rotations on EACH foot (50 on your left foot and 50 on your right foot)



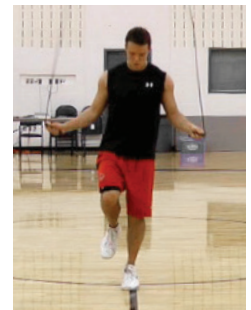
8. One Foot Lateral Line Bounce x 50 each foot

- Bounce laterally over a line on one foot
- Keep your body relaxed and loose, while staying on the ball of your foot
- Perform 50 total rope rotations on EACH foot (50 on your left foot and 50 on your right foot)



9. One Foot Vertical Line Bounce x 50 each foot

- Bounce vertically over a line on one foot
- Keep your body relaxed and loose, while staying on the ball of your foot
- Perform 50 total rope rotations on EACH foot (50 on your left foot and 50 on your right foot)



10. 2 Foot Bounce x 50

- Bounce lightly on both feet
- Keep your body relaxed and loose, while staying on the balls of your feet
- Perform 50 total rope rotations



11. Freestyle x 2 minutes

- Go as hard and fast as possible for 2 minutes, performing any combination of moves you want
- Try new moves and always be pushing yourself to do more difficult moves
- Don't count repetitions, but go as hard as you can for the full two minutes

