### ****BeginneRS****

**Day: 1-3**

**TWO FEET HOP**

**Time: 3-6 minutes**

Keep your feet together and hop after every swing. You have to learn this variation if you want to master other jump rope variations.

[See demonstration video](https://www.youtube.com/watch?v=90HF82Ng8Pk)

**Day: 4-6**

**ALTERNATING JUMPS**

**Time: 6-9 minutes**

Jump on one foot then change legs after every swing.

[See demonstration video](https://www.youtube.com/watch?v=Spb24_7RdQ0)

**Day 7-9**

**ALTERNATING HIGH KNEE JUMPS**

**Time: 6-9 minutes**

When changing legs, lift the foot as high as possible and repeat the same for the other leg.

[See demonstration video](https://www.youtube.com/watch?v=eaRJgTcbOfI)

### ****Intermediate****

*If the beginner level isn’t challenging for you, start here.*

**Day: 1-3**

**ONE LEG HOPS**

**Time: 6-9 minutes**

Jump rope on one foot continuously then switch legs and jump on the other foot for the same period of time.

[See demonstration video](https://www.youtube.com/watch?v=-iuuYoQQ53s)

**Day: 3-6**

**ARMS CROSS-OVER**

**Time: 9-15 minutes**

This is similar to the two feet hop. Every other jump, cross-over your arms in front of you and jump through the rope

**Day: 3-6**

**RUNNING ON THE SPOT**

**Time: 9-15 minutes**

Run on the spot and jump rope at the same time.

**Advanced**

**Day: 1-6**

**BACKWARD JUMPS**

**Time: 15-20 mins**

Swing the rope backward while doing all the different jumps you have learned so far.

[See demonstration video](https://www.youtube.com/watch?v=vcxJvWUZBMg)

**Double unders** (Day 7-12) (15-20 mins)

This is a challenging but fun. You have to jump and swing the rope twice before you land on the floor. Keep the body upright, hop higher and swing the rope faster