

J	U	M	P	O
50 long rope jumps in a row	1 double under	2 laps jog and jump	5 on right foot	25 jogging steps
10 two-in-one face to face	50 in a row	5 backwards in a row	10 backwards in a row	5 on left foot
50 in a row	50 long rope turns in a row	FREE	10 heel-to-toes	20 in a row
20 left-right alternate	5 two-in-two side by side	20 rockers	20 in a circle	3 double unders
2 side swing crosses	10 scissors in a row	5 laps jog and jump	Alphabet jumps	10 two-in-one side by side

J	U	M	P	O
50 long rope turns in a row	10 backwards in a row	5 on right foot	10 two-in-one face to face	5 backwards in a row
2 laps jog and jump	Alphabet jumps	25 jogging steps	10 scissors in a row	5 on left foot
20 left-right alternate	10 heel-to-toes	FREE	20 in a row	1 double under
20 in a circle	5 laps jog and jump	50 long rope jumps in a row	10 two-in-one side by side	5 two-in-two side by side
20 rockers	3 double unders	50 in a row	50 in a row	2 side swing crosses

J	U	M	P	O
10 scissors in a row	5 laps jog and jump	10 backwards in a row	3 double unders	10 heel-to-toes
50 long rope jumps in a row	20 left-right alternate	20 rockers	50 in a row	25 jogging steps
50 in a row	10 two-in-one side by side	FREE	5 two-in-two side by side	20 in a circle
50 long rope turns in a row	5 on left foot	5 on right foot	Alphabet jumps	2 laps jog and jump
20 in a row	1 double under	5 backwards in a row	10 two-in-one face to face	2 side swing crosses