

## 20 minute Jump Rope workout (Tabata protocol)

### ROUND 1

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 2

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 3

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 4

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 5

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 6

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 7

Rope jumping 20 seconds

Rest 10 seconds

### ROUND 8

Rope jumping 20 seconds

Rest 10 seconds



### Directions:

Do the above workout 3 -5x/week. Your goal is to repeat it 5 times per session, which will equal 20 minutes. This is a great alternative to working out on a machine, like a treadmill or the elliptical.