

The 30 Day Atlas Rope Skipping Challenge

- How to Master Double Unders
- Learn the 8 Pillars of Success
- 14 Different Skipping Exercises
- Beginner, Intermediate and Advanced 30 Day Workouts

**Images
For Every
Exercise!**



Introduction

Welcome! We want to first take a moment to say thank you for investing in our **Atlas Athlete Skipping Rope** and this is your complete 30 day guide/challenge to skipping 'HIIT' style. By opening this book, you've chosen to invest in your body, in your mind and most importantly, your overall health and fitness.

We want to be upfront, skipping is a skill that is not always easy for beginners, but like any skill, it can be practiced and mastered. It is one skill that is worth it for some of the awesome health and fitness benefits that skipping can provide.

On average skipping burns about 14 calories per minute. If you crank up the intensity and variety of your jumps, you can burn in the region of 20 calories per minute. Sounds impressive? It is, and skipping trumps many other exercises on a calories burned per minute basis, all without spending lots of money per year on gym membership or expensive fitness machines.

You can skip using the Atlas Athlete skipping rope anywhere. Skipping helps to build cardiovascular endurance and works almost every muscle in your body.

As mentioned previously, skipping is a refined skill. Its mastery will require time, patience, courage, and persistence. This journey that you're about to embark on will undoubtedly test your character. It will test your will. Using The Atlas Athlete skipping rope will challenge you physically and mentally. It will engage every single fiber in your body!

However we can assure you this: the journey is absolutely worth it. The Atlas Athlete skipping rope a tool that will not only help you build a better body in less time and for less money, but it will help you improve your focus, concentration, speed, balance, coordination, and ability to make decisions quickly. These are all skills highly transferable to both athletics and everyday real life scenarios. As you'll soon discover; that skipping using the Atlas Athlete skipping rope is an extremely effective fitness tool. It's cheap, extremely portable and incredibly efficient.

Many of the best bodies you see in professional sports have one little hidden secret they use to achieve such levels of conditioning, fitness and toned muscles: The Skipping Rope! Remember that learning how to skip is a process of skill acquisition. And, like any other skill, it takes time to get proficient at it. This is where this book will help you out.

This guide is designed and structured to help take you from beginner status to expert level using simple drills to master the most basic single under, how to incorporate unique variations, and how to put all of this together into powerful and effective skipping workouts. All of the workouts have been differentiated into fitness ability: beginner, intermediate and advanced. We have incorporated a 30 day challenge for you to try and you will be amazed at how much fat that you burn off and how fit you actually get. The next step is to discuss the 8 main benefits of using the Atlas Athlete skipping rope! Are you ready to get going?

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Disclaimer

However before we move on to the main content of the book, it is important to note that all forms of exercise pose some inherent risks. Atlas Athlete advises readers to take full responsibility for their safety and know their limits. Please follow all of the advice within this book on how to use the Atlas Athlete skipping rope safely and effectively.

This program is designed for healthy individuals 18 years and older only. If you are taking medications, you must talk to your physician before starting any exercise program in this book. If you experience any lightheadedness, dizziness or shortness of breath while exercising, stop the movement and consult a physician immediately. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Please be aware that before you begin any exercise regime you should consult your doctor or physiotherapist for clear guidelines on your current health status.

8 Pillars of Success - Benefits of Skipping Fitness

So are you still wondering 'why should you train with the skipping rope and what's so special about it?' For starters, the skipping rope is a training tool that has stood the test of time. While so many of today's fitness gadgets come and go, the skipping rope has stuck around for centuries. Its effectiveness has been proven by the thousands of athletes and weekend warriors who have used it to build better bodies over generations.

Its popularity has only continued to grow over the past few years with the explosion of sports like MMA and Cross-Fit. These arenas have solidified the skipping rope's place in the fitness world. Think of it this way. Top athletes all across the world, with near unlimited capital to invest in any kind of training tools they see fit, still choose to focus their training around a simple and inexpensive skip rope. That alone should validate the power of this tool.

However the question, again, is 'Why has the skipping rope stuck around for so long? What makes it so powerful?' in a nut shell; it works! The ability of the skipping rope to transform the look and feel of your body is tried and tested. It's a fitness tool that, once mastered, is guaranteed to offer improvements in physical and mental performance in less time and for less money. Here are the 8 benefits of skipping Rope Fitness:

1. Cheap and Easy to Get Started

This is the best aspect of this great workout regimen. One of the things that draw so many people to the skipping rope is the simple fact that there is very little required to get started. No hyped up gym memberships. No expensive equipment. No gimmicks. Everything you need you either already have or can get for practically nothing. It's just you, your Atlas Rope and a bit of space. The initial investment will cost you less than one month's worth of most gym memberships.

2. Train Anywhere

The skipping rope is extremely light and easily portable. This makes it an excellent travel companion. You can bring it with you wherever you go. You can bring it with you to any gymnasium or weight room, take it with you on a business trip, or you can just as easily stay at home and build an entire home workout around it. The options are endless and the same can't be said of other bulky fitness equipment.

Note: Do not skip on cement or pavement since this will wear out the coating of the cable very quickly.

3. Build Effective and Efficient Workouts

Apart from its small, inexpensive, and light nature, the skipping rope allows you to construct very efficient and powerful full-body workouts. The nature of the exercise forces you to work on multiple muscle groups at once, forcing them to work in unison (not in isolation) like they're designed to.

Skipping integrates resistance training of your calves, hamstrings, shoulders, arms, and your core with an incredible conditioning workout. It also takes less time to get the same benefits from skipping as you do from cardiovascular-specific activities like running.

4. Develop Exceptional Endurance

At its core, the skipping rope is an endurance/conditioning tool. It's designed to develop the cardiovascular capacity for those who use it strategically and regularly. If you evidence that skipping really does work then take a look at the physique of any boxer or MMA fighter. In addition their display of incredible stamina should be enough to show the true power and effectiveness of training with a skipping rope.

5. Improved Mental Focus

Jumping rope requires complete and overall coordination of your body. Your arms and feet need to be in tune at all times and to a consistently greater degree as you continue to increase your skipping pace and complexity. Skipping requires a lot of concentration and focus, both of which you build as you progress with your skipping training.

The act of skipping requires the mind to be constantly involved. It is far from a monotonous activity. You are required to make quick decisions. Your mind is constantly engaged as you increase pace and begin to incorporate a wide spectrum of skipping variations. There's no room for being lost in thought like there is when running or riding a stationary bike.

Skipping combines rhythm and timing. It is necessary to recognize the rope's distance, direction, speed, and position at all times throughout the activity. Your brain is forced to make extremely quick calculations over and over again to keep your body in tune with the rope. The skipping rope literally trains your ability to focus and concentrate during physically stressful sessions, which

is something that is highly transferable to real-world scenarios

6. Improved Balance, Coordination and Perception

Skipping requires you to minimize the time your feet are in contact with the ground. It's about quick, explosive bounds done in succession. Every time you land, your body is required to balance and stabilize itself while simultaneously recruiting all the necessary muscles required to contract to generate the force to propel you upwards again. This improves your body's ability to stay balanced.

The act of skipping over the Atlas Athlete skipping rope consistently at a fast pace requires perfect timing and coordination between your feet, your hands, your body, and the rope. Everything needs to be coordinated and the more you skip the better coordinated you become.

You also improve your perception – the ability to sense the position and orientation of your body with relation to all of its extremities. Some people refer to it as hand-eye coordination, however skipping goes far beyond that. It improves the coordination of all parts of your body.

7. Improved Quickness, Agility, and Vertical Jump

The skipping rope is an excellent plyometric tool, which is what makes it so popular among athletes all across the board. Plyometric training, by definition, is a style of training that requires repeated rapid contractions of the muscles in the pursuit of increasing power output.

It's about explosive, max-effort movements aimed at increasing the body's capacity to generate force in the minimal amount of time. Plyometric exercises are very intense, but they effectively train your central nervous system (CNS) to become more efficient and capable of sending faster impulses.

With improved CNS efficiency, you will become more agile, quicker, and more explosive with your movements. Plyometric exercises can easily be mimicked with the skipping rope. In a nut shell Skipping forces you to make very quick consecutive jumps. The foot-to-ground contact time is minimal (the less the better). Therefore if you don't explode off the ground quickly enough, the rope will whack you across the feet or at the back of your legs.

The act of skipping forces you to use all of your stabilizing muscles to very quickly balance and stabilize yourself before you have to make another explosive concentric jumping movement. In the process, you will develop incredible agility, quickness, and vertical jump.

8. Fat Burning Effects

There are two aspects of skipping training that make it one extremely effective fat burning tool. The first aspect is that skipping training mimics the most effective form of training for fat loss – High-intensity interval training (or HIIT).

Training in a fashion that demands short, but intense bursts of activity spikes the heart rate and secretes a number of hormones that are geared towards unlocking your fat stores and utilizing the released fatty acids for energy. HIIT has an excellent after-burn effect called EPOC – excess post-exercise oxygen consumption – which forces your lungs to take in more oxygen than it needs to at rest. This turns your body into a fat-burning machine for hours after your workout.

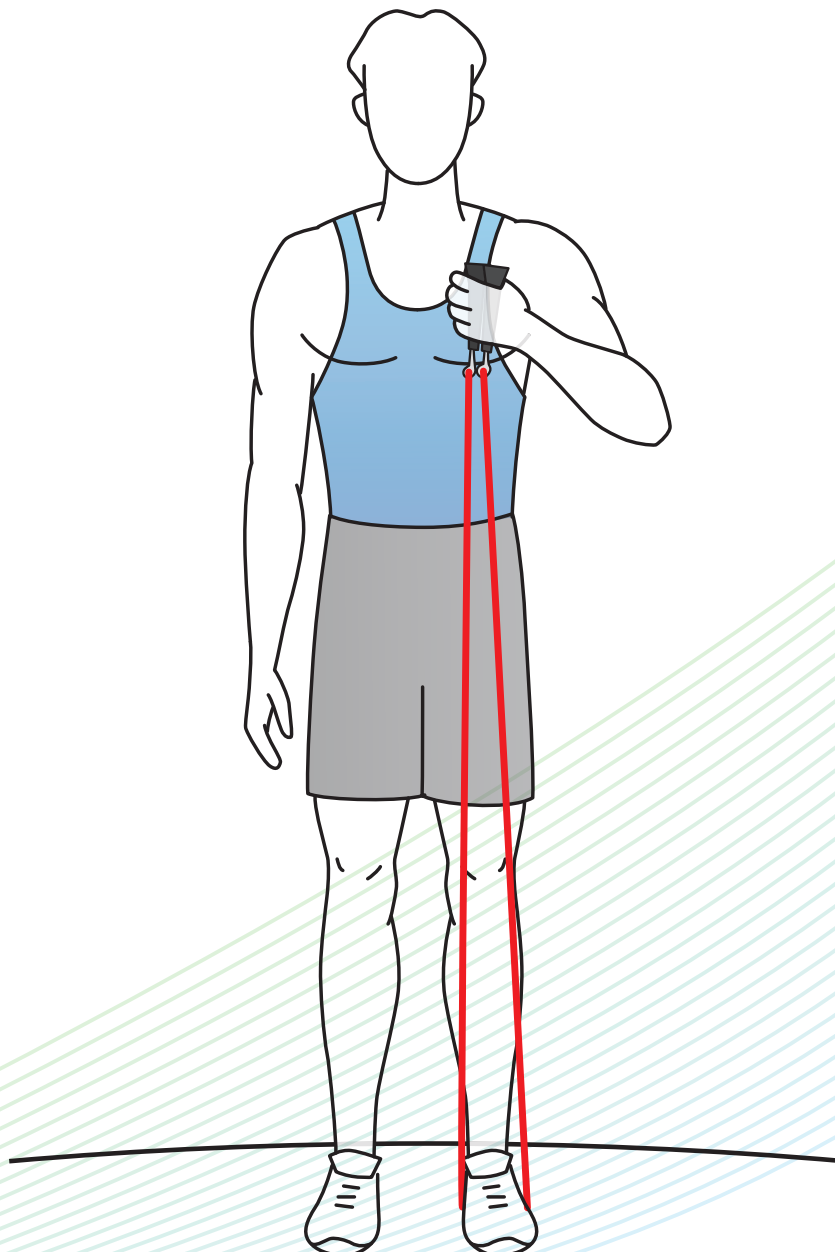
The second aspect of skipping training that makes it an excellent fat burning tool is its insane calorie-burning effects. Researchers have discovered that a single hour of skipping rope (at a modest pace) can help you burn over 1,000 calories. That comes out to roughly 15-20 calories per minute. **Talk about an excellent bang for your buck!**

Getting Started With the Atlas Rope

Before you start using the Atlas Athlete skipping rope it is very important that you follow these basic setting up instructions.

1. First tighten one of the screws approximately 3 cm from the end of one side of the rope.
2. Now stand firmly on the mid-point of the rope.
3. Hold the handles of the rope and then bring them to the top of your shoulders.
4. Make sure the top of the metal ball bearings reach approximately 15 cm below your collarbone. It should not be higher than your collarbone or lower than your upper abs. If in doubt, go a bit too long and shorten it as you get more experienced.
5. At this point, carefully tighten the second adjustment screw.
6. Using a wire cutter snip the end of the cable about 3 cm past the second adjustment-screw.

To move the non-slip rubber stoppers; just slide them on the rope.



The Correct Technique for Skipping

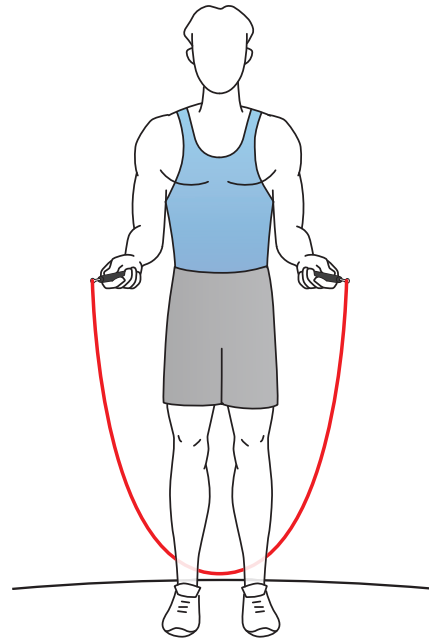
The following section will discuss the correct technique for using the skipping rope and it will breakdown each technique making it a lot easier to understand. The focus of the skipping technique will be safety; energy economy so that you skip for longer and this will allow you to burn more body fat.

Many people make common mistakes when starting off a skipping work out program, so it's always best to use the correct technique from the start. Baring this in mind you should get fitter a lot quicker and the injuries associated with skipping should be avoided. Remember if you get injured, you will be back to square one with your weight loss or fitness program, so follow this simple advice and watch that fat disappear and your fitness fly through the roof!

The Grip

1. Don't be tempted to hold the handle with the death grip and try to suffocate it. This is natural when you first pick up the skipping rope
2. Instead, wrap your hand around the handle
3. Grip the handle lightly with the thumb and the index finger should be slightly extended
4. One of the key parts of skipping is to be able to make small rotations with the wrist, this can only be achieved if your grip is not too tight

The Starting Position with the rope



- The length of the rope should be in half way between the ribs and your hips
- Engage core and keep your torso relaxed
- Look straight forward as this helps with balance and keeping your head erect
- Maintain this upright posture throughout the whole jump cycle, and always keep your head squarely above your shoulders
- Position the rope between you so that it is in contact with the back of the legs. In between the calf muscles and your ankle is a good marker
- Grip the handles as described above
- Hold your arms forward with slight tension on the skipping rope
- The arms should be bent comfortable as this helps with the flow of the rope
- Your hands should be waist high throughout the jump cycle, about a foot from the side of the body

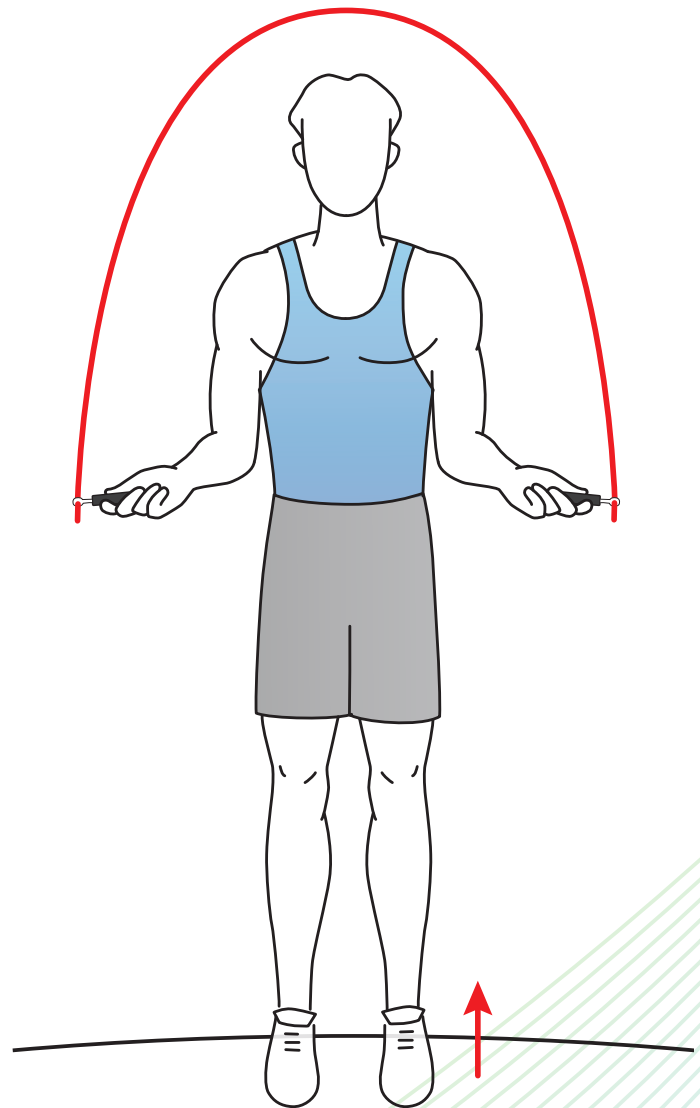
Please note the length of the rope is very important because the wrong length can affect your rhythm and make jumping much harder **(Please refer to the Getting started with the Atlas Rope section).**

Try to practice getting the rope length right, by standing on the rope and putting it up towards your sternum. Set yourself up like this every time you start the skipping session, it is like a golfer setting themselves up on the tee!

The Basic Bounce Step Jump

This is fundamental to all of the skipping skills and you will need to practice this to move onto the more difficult skipping skills. Therefore, practice and practice to master this key skipping skill!

- From the starting position pull the rope over your head using a small circular motion of the wrists. The rope should clear your head by at least 2 inches
- Never turn the rope with your shoulders or arms. It is all in the wrists as this helps with the efficiency of the revolutions and rope speed
- Jump over the rope with both feet and keep your feet together
- Jump high enough to clear the rope, no more than 2 inches by pushing from the balls of the feet while kneeing your knees and flexing the ankles
- Try resist jumping too high or pull your knees up towards your chest to clear the rope
- Land as light as possible on the balls of your feet; stay on the balls of your feet throughout the whole jump cycle
- Your heels should never touch the ground during the jump cycle and always land as soft as possible. This helps to prevent impact injuries on the ankles, knees and lower back
- Only bounce once per jump cycle to establish your timing, technique and rhythm. This will increase once you master the bounce step
- Relax and breathe when performing the exercise, as this helps you to perform for longer
- Practice as much as you can start off with, get your rhythm right and avoid the double hop in between the jump cycle. Remember it's all about the revolutions of the rope over the head and in contact with the floor
- That swoosh sound when the rope makes contact with the floor is one revolution from the starting to end position. Repeat jumping the rope each times it comes over your head



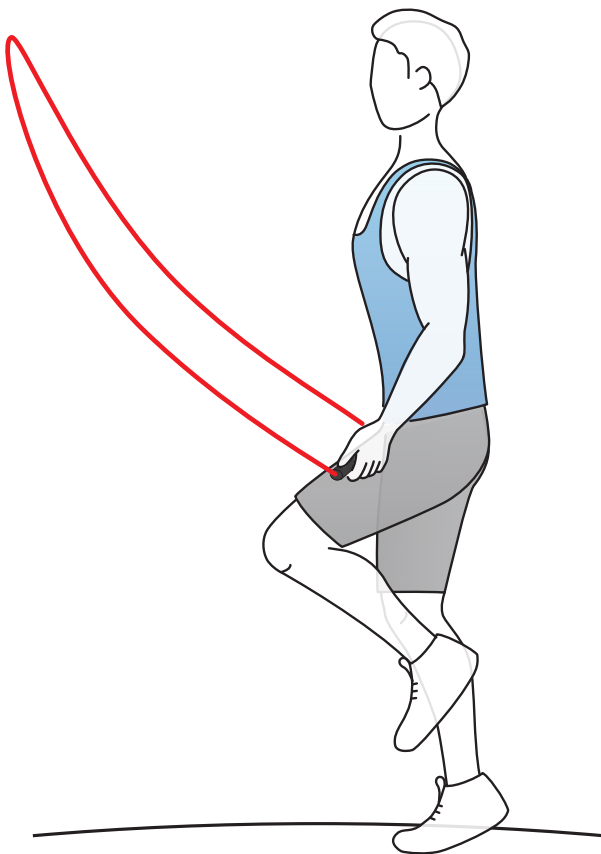
14 Jump Variations for Skipping

The following variations will be discussed, but please use the above 'correct technique' section as a model; as this is good practice for keeping good form. Remember never sacrifice good form for speed; skipping with good form is much better for exercise efficiency, overall health and injury prevention.

The jumps have been graded beginner, immediate and advanced and have been incorporated into three workouts according to ability levels.

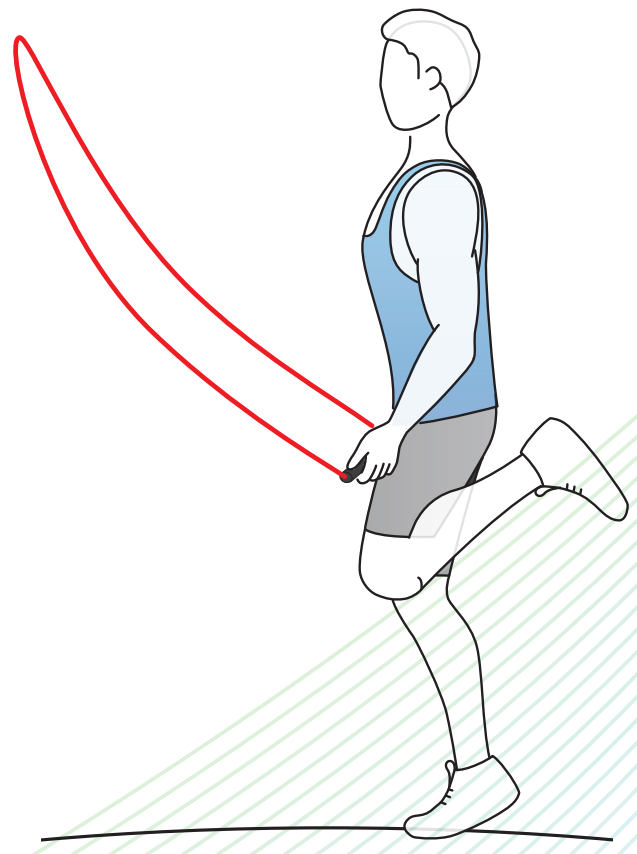
Beginner Jump Variations

1. Alternate Foot Step (Jogging Step)



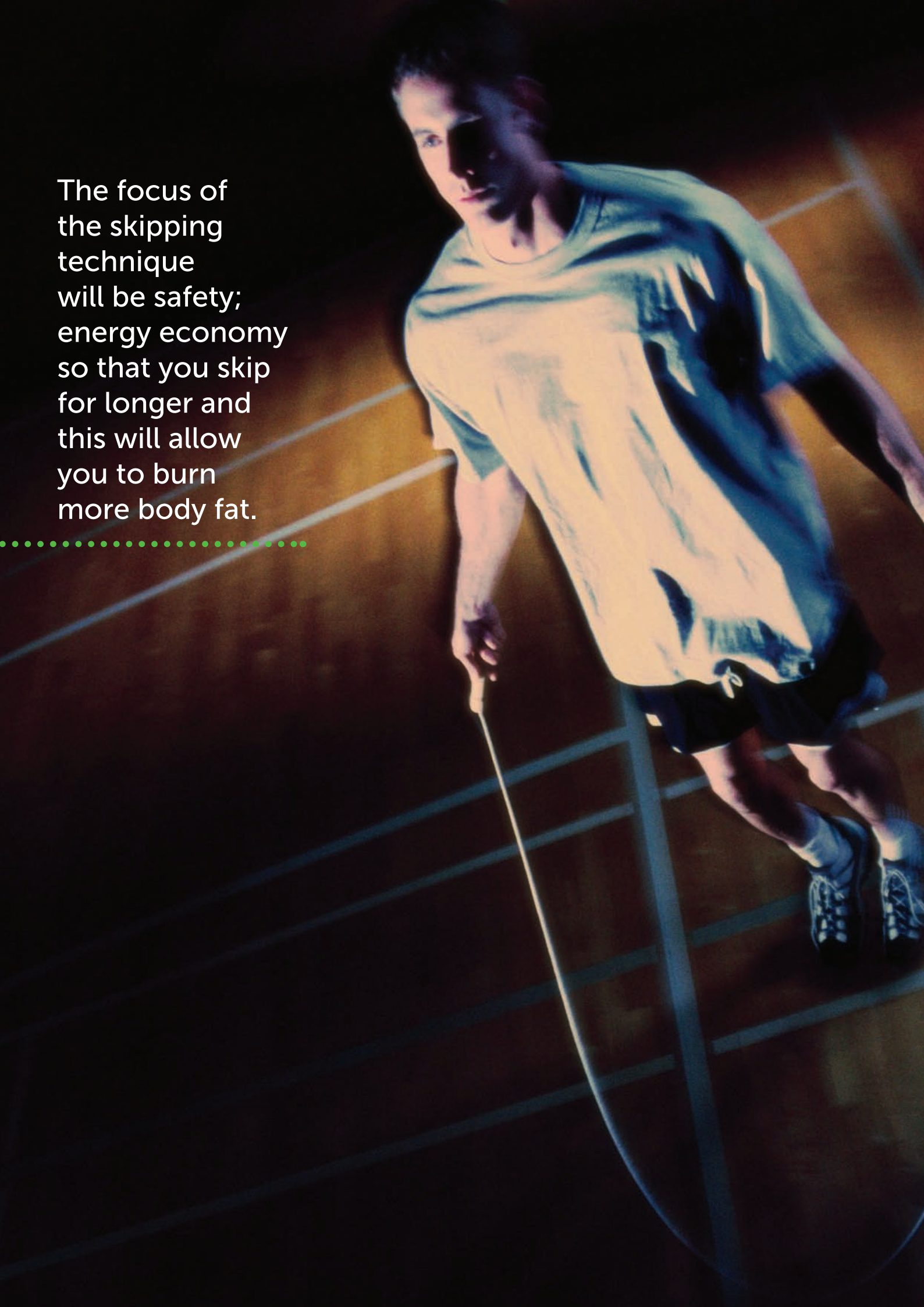
- Standing elevated on the balls of your feet together with the rope in the basic starting position
- Jump with alternate foot, bringing knees up to around 90 degree bend, like running on the spot
- Your toes on both feet should be in line with one another
- keep your torso elevated and core in tight throughout all of the motion, as this improves your cadence

2. Butt Kicks

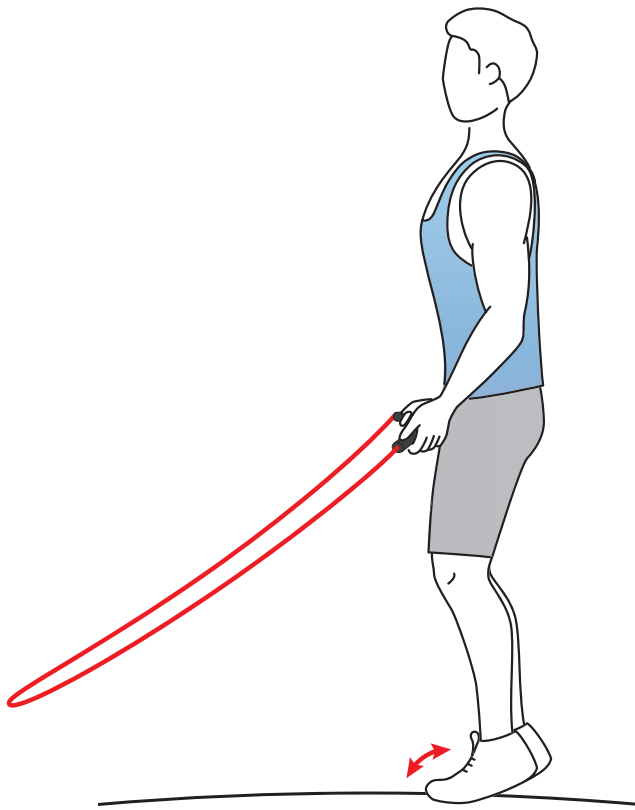


- Standing elevated on the balls of your feet shoulder width apart with the rope in the basic starting position
- Start to skip then kick one heel up to your glutes; then alternate your legs
- Go as fast as you want
- Remain upright throughout with the body still
- Maintain a tight core throughout the exercise

The focus of the skipping technique will be safety; energy economy so that you skip for longer and this will allow you to burn more body fat.

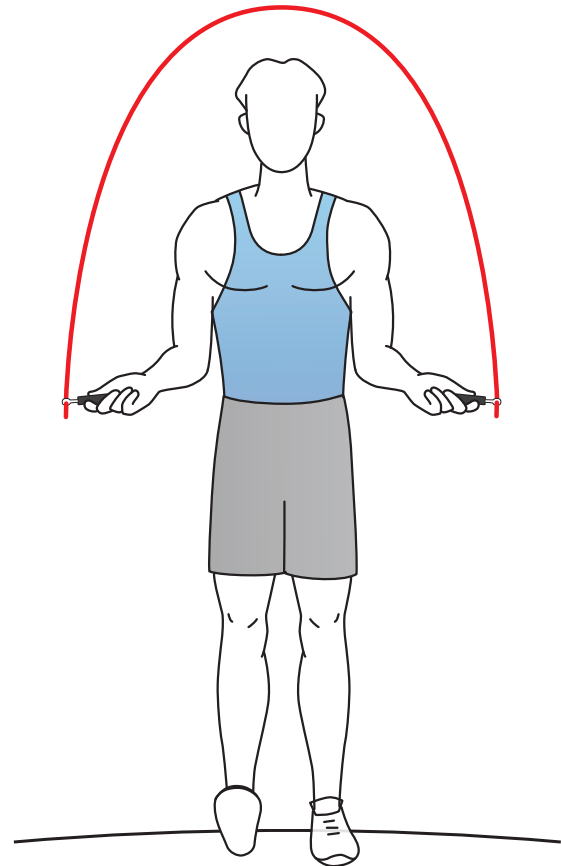
A high-angle, low-key photograph of a man in a white t-shirt and black shorts skipping rope on a wooden track. The man is looking up towards the camera. The track has white lane markings. The lighting is dramatic, with strong highlights and deep shadows. A horizontal line of green dots is positioned below the text on the left side of the image.

3. Bell Jump



- Standing tall on the balls of your feet together with the rope in the basic position
- Jump a few inches forward
- Jump a few inches back
- Repeat

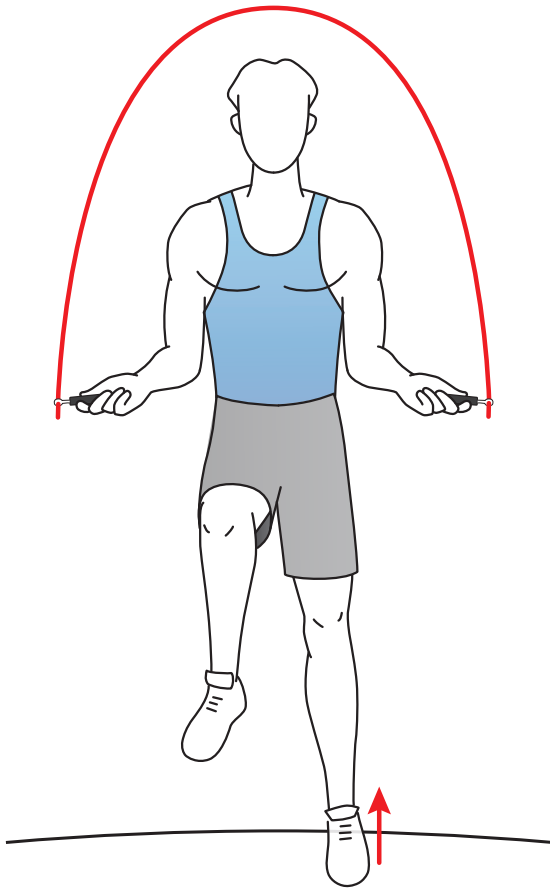
4. Heel Jumps



- Standing tall with one heel forward and the other foot flat on the floor with the rope in the basic position
- Begin skipping and alternating the heel motion

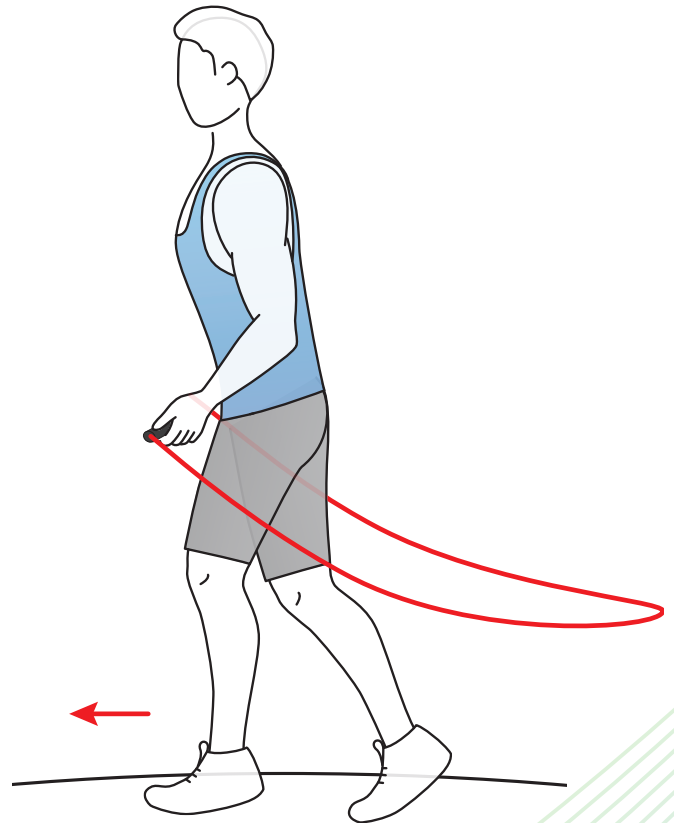
Intermediate Jump Variations

5. High Knees



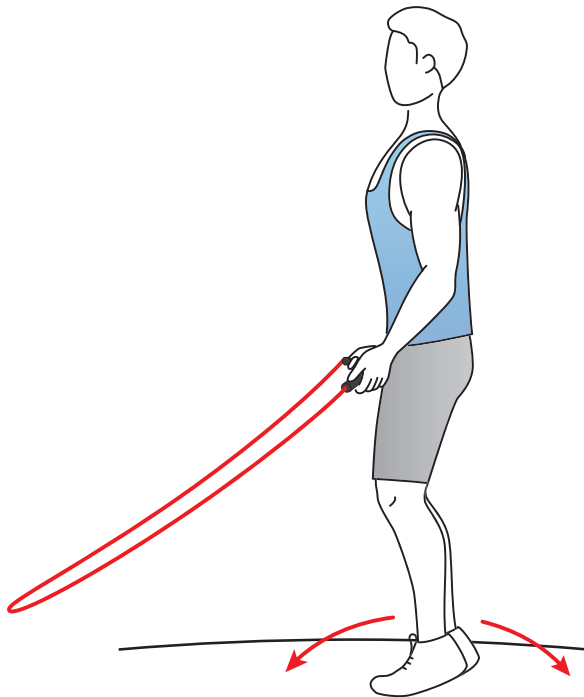
- Standing tall on the balls of your feet hip width apart with the rope in the basic position
- Start to skip then begin to raise alternate knees high up to waist level
- Keep a straight back
- Maintain a tight core throughout the exercise

6. Short Sprints



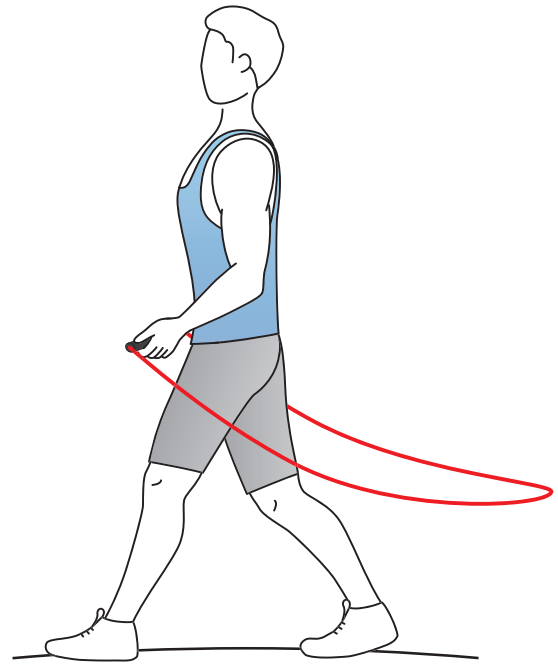
- Standing tall on the balls of your feet hip width apart with the rope in the basic position
- Make sure you have enough space for this exercise
- Do a short sprint whilst using the rope
- Skip-jump backwards to starting position and repeat

7. Jump Forward and Back

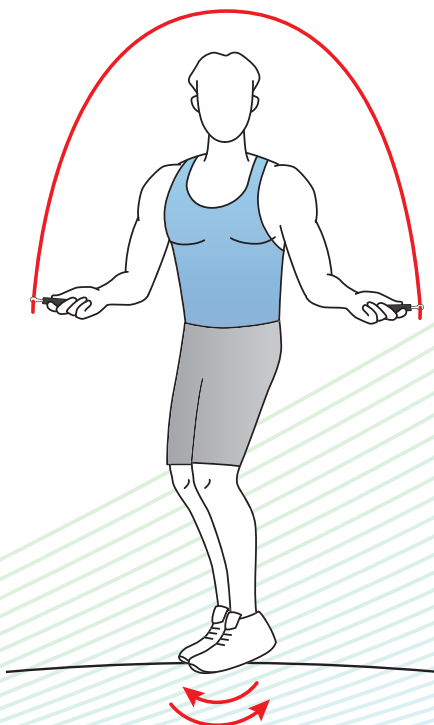


- Standing tall on the balls of your feet hip width apart with the rope in the basic position
- Start by skipping and jumping forwards landing on the balls of your feet
- Then jump backwards and repeat
- Keep your upper body tall and as still as you can to maintain your balance
- Always land with soft knees

8. One Foot Forward and Back



- Standing tall on the balls of your feet hip width apart with the rope in the basic position
- Begin to skip then bring one foot forward whilst the other foot goes to the back
- Keep an upright body with a tight core

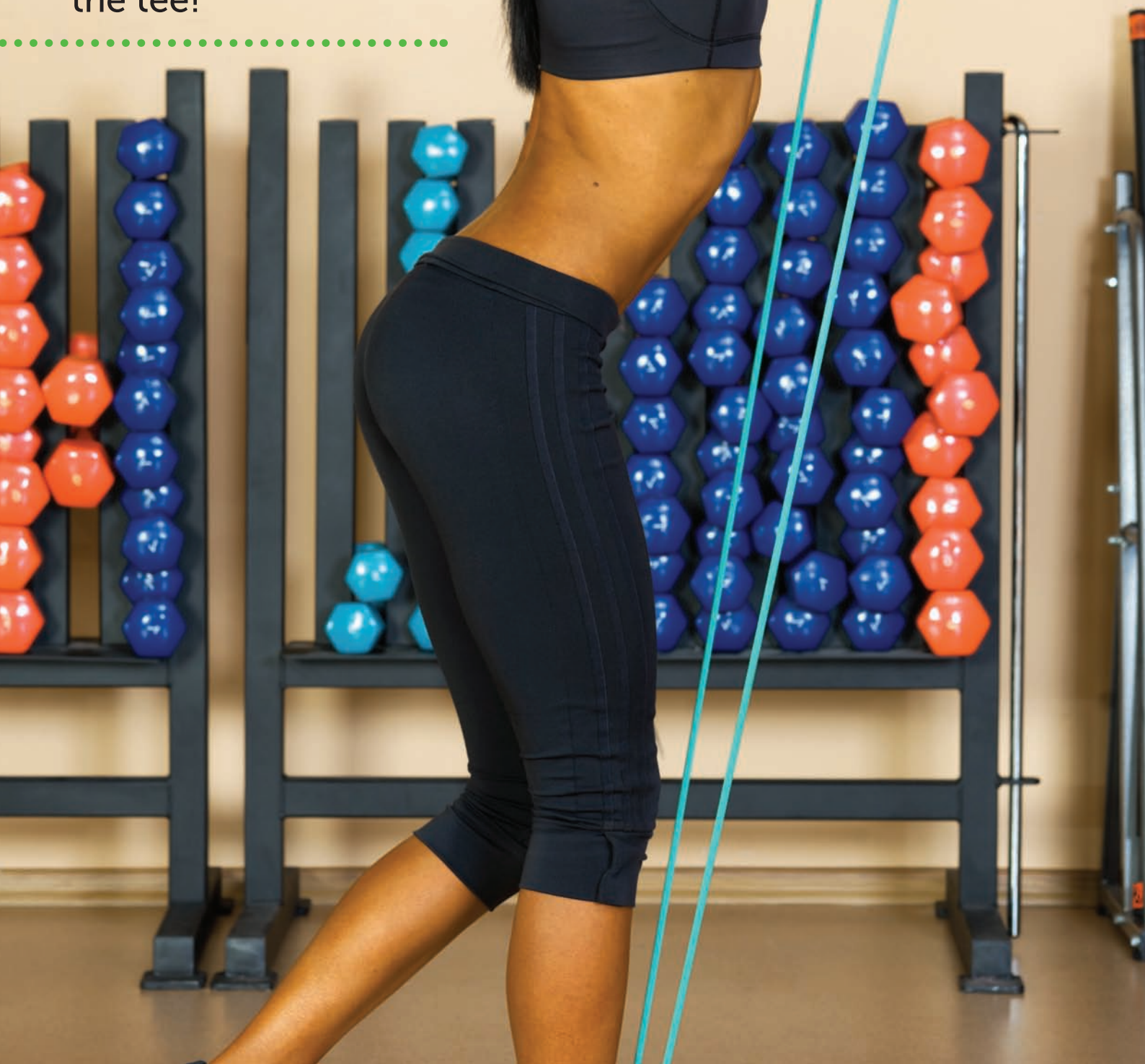


9. Half Twister

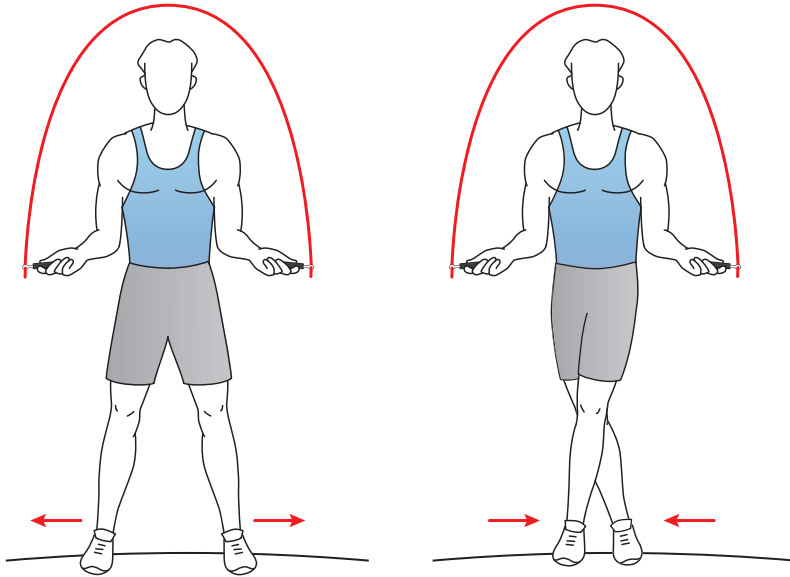
- Standing elevated on the balls of your feet together with the rope in the basic position
- Then Bounce jump and then twist your legs to the left
- Always Jump the rope with your chest facing forward
- Then Jump the rope and twist to the right
- Only ever twist the lower region of your body
- Always keep your upper torso strong and elevated (tall).

Try to practice getting the rope length right, by standing on the rope and putting it up towards your sternum. Set yourself up like this every time you start the skipping session, it is like a golfer setting themselves up on the tee!

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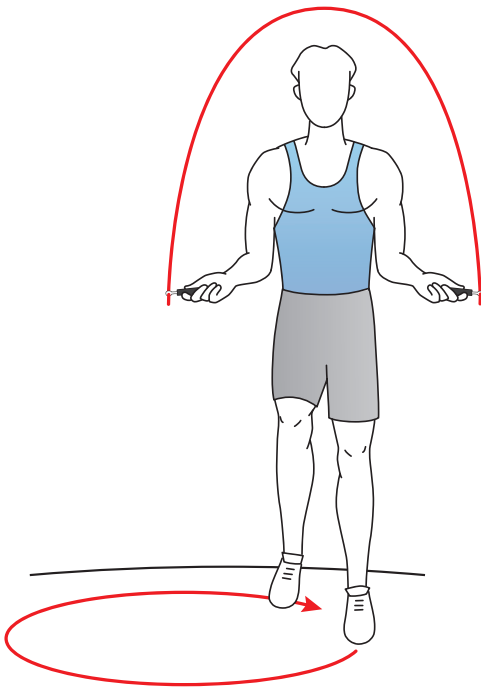
Advanced Jump Variations



10. Criss-cross Feet

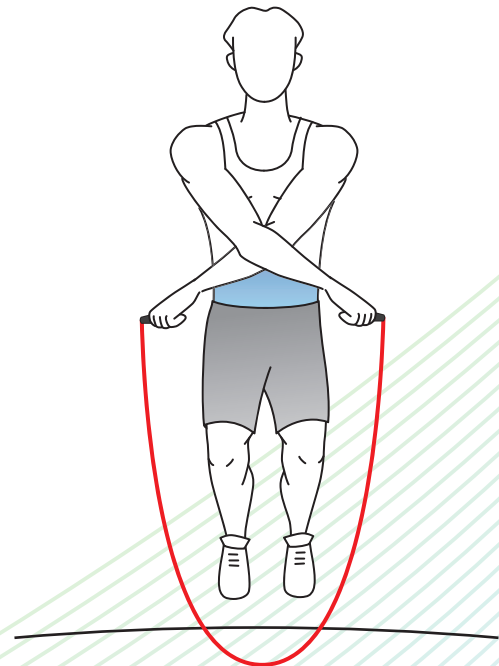
- Standing elevated on the balls of your feet shoulder width apart with the skipping rope in the basic starting position
- Start to skip using the bounce step
- Jump into a Side Straddle on your initial jump
- Then Cross one leg over the other on the 2nd jump
- Then jump with feet landing shoulder width apart again on 3rd jump
- Then begin the process all over again.

11. One Foot Circles



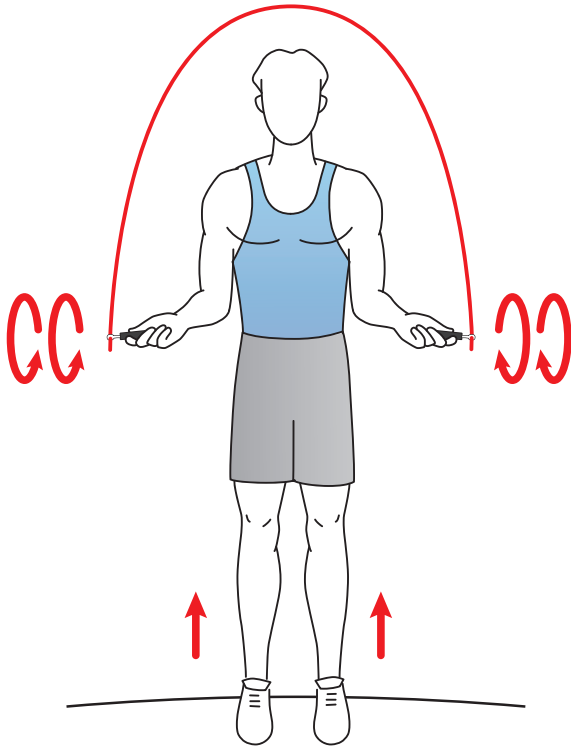
- Standing tall on the balls of your feet hip width apart with the rope in the basic position
- Begin to skip, hopping on the right foot
- Keep hopping on one foot to form a large circle on the floor
- On completion of the circle alternate onto the left foot and repeat
- Take care to keep your balance as you move around

12. Arm Criss-cross

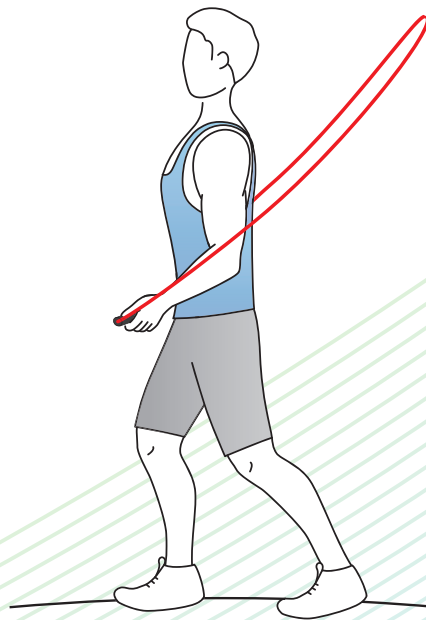
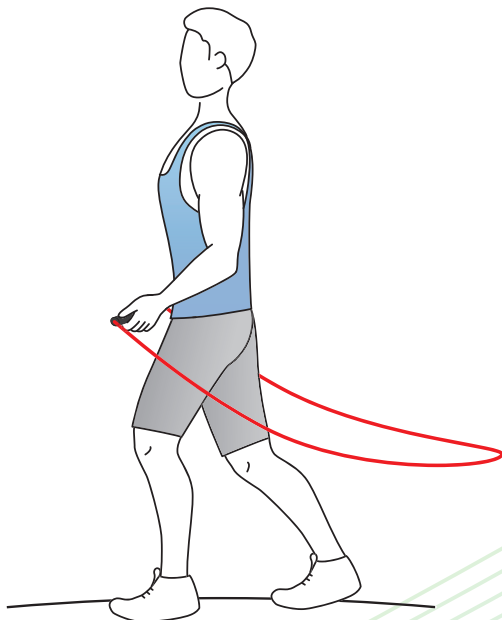


- Standing elevated on the balls of your feet together with the rope in the basic starting position
- Swing the skipping rope over your head
- When it reaches waist height cross your arms
- Try to Extend your arms to the side of your body, as this makes a wider loop to jump through
- Then on the 2nd jump uncross the skipping rope
- Alternate the arm criss-cross on every other jump.

13. Double Under Jump



- Standing elevated on the balls of your feet together and the skipping rope in the basic starting position
- Jump slightly higher than performing the Basic Bounce Step and keep your cadence the same
- Rotate your wrists quicker to allow the skipping rope go under both feet twice in one skipping cycle
- Your head should be straight with a relaxed upper body, as this helps to improve your successful rate when executing this technique.
- Always engage your core whilst keeping it tight



14. Forward Straddle

- Standing tall on the balls of your feet together with the rope in the basic position
- Jump with one foot forward in a straddle position on the first swing
- On the second swing switch feet
- Move feet only a few inches apart

Workout Plans

The following workouts have been designed as high intensity interval training skipping workouts to burn fat and boost your fitness levels. They can be performed in the park, in the garden or in the gym. Before you begin the workouts complete a 3 minute steady warm up with the rope.

The exercises incorporated into the workouts are all taken from the **'jump variation'** section and remember to read the **'correct technique'** section before starting the programs. You choose one of the three levels that you feel comfortable doing and if you are finding the levels too easy or too hard then change to the next level. There are 3 levels of the workouts i.e. beginner, intermediate and advanced.

For the best results follow the 30 day workout plan overview below and perform the workouts five times a week and rest the additional two days. Adjust the workouts to suit your home life or work schedule as they only take about 20-40 minutes to complete.

In the rest intervals try to remain hydrated by drinking water, but never stop the rope from moving in the other hand. The rest intervals are really active rest, so practice doing one arm swings with the rope forwards and backwards. Remember to change hands doing the one arms swings, it will keep your heart rate from dipping back to sedentary mode.

In the rest intervals
try to remain
hydrated by
drinking water, but
never stop the rope
from moving in the
other hand.

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The 30 Day Workout Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1 Work Out 1	Day 2 Work Out 2	Day 3 Work Out 3	Day 4 Rest	Day 5 Work Out 4	Day 6 Work Out 5	Day 7 Rest
Day 8 Work Out 1	Day 9 Work Out 2	Day 10 Work Out 3	Day 11 Rest	Day 12 Work Out 4	Day 13 Work Out 5	Day 14 Rest
Day 15 Work Out 6	Day 16 Work Out 7	Day 17 Work Out 8	Day 18 Rest	Day 19 Work out 9	Day 20 Work Out 10	Day 21 Rest
Day 22 Work Out 6	Day 23 Work Out 7	Day 24 Work Out 8	Day 25 Rest	Day 26 Work out 9	Day 27 Work Out 10	Day 28 Rest
Day 29 Work Out 11	Day 30 Work Out 12					

The Beginner's Workouts

All the workouts are easy to perform, just execute the duration of the exercise bout and then rest. Then repeat the number of bouts; for example 8 x seconds = 8 bouts of 20 seconds skipping with 10 seconds rest in between. It really is simple as that!

Work Out 1				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Work Out 2				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	60	slow
Work Out 3				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Basic Bounce Step	8 x 20 seconds	10 seconds	65	slow
Basic Bounce Step	8 x 20 seconds	10 seconds	65	slow
Alternative Foot Step	8 x 20 seconds	10 seconds	65	slow
Alternative Foot Step	8 x 20 seconds	10 seconds	65	slow
Alternative Foot Step	8 x 20 seconds	10 seconds	65	slow

The 30 Day Atlas Rope Skipping Challenge

Work out 4

Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Basic Bounce Step	8 x 25 seconds	10 seconds	65	slow
Basic Bounce Step	8 x 25 seconds	10 seconds	65	slow
Alternative Foot Step	8 x 25 seconds	10 seconds	65	slow
Alternative Foot Step	8 x 25 seconds	10 seconds	65	slow
Alternative Foot Step	8 x 25 seconds	10 seconds	65	slow

Work out 5

Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Basic Bounce Step	8 x 25 seconds	10 seconds	70	slow/medium
Alternative Foot Step	8 x 25 seconds	10 seconds	70	slow/medium
Alternative Foot Step	8 x 25 seconds	10 seconds	70	slow/medium
Alternative Foot Step	8 x 25 seconds	10 seconds	70	slow/medium
Butt Kicks	8 x 25 seconds	10 seconds	70	slow/medium

Work Out 6

Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Butt Kicks	8 x 25 seconds	10 seconds	75	medium
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Butt Kicks	8 x 25 seconds	10 seconds	75	medium
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Butt kicks	8 x 25 seconds	10 seconds	75	medium

Work Out 7

Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Heel jumps	8 x 25 seconds	10 seconds	75	medium
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Heel jumps	8 x 25 seconds	10 seconds	75	medium
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Heel jumps	8 x 25 seconds	10 seconds	75	medium

Work Out 8

Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Bell Jumps	8 x 25 seconds	10 seconds	80	medium/fast
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Bell Jumps	8 x 25 seconds	10 seconds	80	medium/fast
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Bell Jumps	8 x 25 seconds	10 seconds	80	medium/fast

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Work out 9				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Butt kicks	8 x 25 seconds	10 seconds	80	medium/fast
Bell Jumps	8 x 25 seconds	10 seconds	80	medium/fast
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Bell Jumps	8 x 25 seconds	10 seconds	80	medium/fast
Butt kicks	8 x 25 seconds	10 seconds	80	medium/fast
Work out 10				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Butt kicks	8 x 30 seconds	10 seconds	75	Medium
Alternative foot step	8 x 30 seconds	10 seconds	75	Medium
Heel Jumps	8 x 30 seconds	10 seconds	75	Medium
Alternative foot step	8 x 30 seconds	10 seconds	75	Medium
Bell Jumps	8 x 30 seconds	10 seconds	75	Medium
Alternative foot step	8 x 30 seconds	10 seconds	75	Medium
Work out 11				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative foot step	8 x 30 seconds	10 seconds	80	fast
Butt kicks	8 x 30 seconds	10 seconds	80	fast
Alternative foot step	8 x 30 seconds	10 seconds	80	fast
Bell Jumps	8 x 30 seconds	10 seconds	80	fast
Alternative foot step	8 x 30 seconds	10 seconds	80	fast
Heel Jumps	8 x 30 seconds	10 seconds	80	fast
Work out 12				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative foot step	8 x 35 seconds	10 seconds	85	fast
Butt kicks	8 x 35 seconds	10 seconds	85	fast
Alternative foot step	8 x 35 seconds	10 seconds	85	fast
Bell Jumps	8 x 35 seconds	10 seconds	85	fast
Alternative foot step	8 x 35 seconds	10 seconds	85	fast
Heel Jumps	8 x 35 seconds	10 seconds	85	fast

Intermediate Workouts

Work Out 1				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Butt Kicks	8 x 25 seconds	10 seconds	75	medium
High Knees	8 x 25 seconds	10 seconds	75	medium
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Butt Kicks	8 x 25 seconds	10 seconds	75	medium
High Knees	8 x 25 seconds	10 seconds	75	medium
Work Out 2				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Short Sprints	8 x 25 seconds	10 seconds	75	medium
High Knees	8 x 25 seconds	10 seconds	75	medium
Alternative Foot Step	8 x 25 seconds	10 seconds	75	medium
Short Sprints	8 x 25 seconds	10 seconds	75	medium
High Knees	8 x 25 seconds	10 seconds	75	medium
Work Out 3				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 25 seconds	10 seconds	80	medium/fast
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 25 seconds	10 seconds	80	medium/fast
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 25 seconds	10 seconds	80	medium/fast
Work out 4				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Butt Kicks	8 x 25 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 25 seconds	10 seconds	80	medium/fast
Alternative Foot Step	8 x 25 seconds	10 seconds	80	medium/fast
Butt Kicks	8 x 25 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 25 seconds	10 seconds	80	medium/fast

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Work out 5				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 30 seconds	10 seconds	80	medium/fast
Butt Kicks	8 x 30 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 30 seconds	10 seconds	80	medium/fast
High Knees	8 x 30 seconds	10 seconds	80	medium/fast
Short Sprints	8 x 30 seconds	10 seconds	80	medium/fast
Butt Kicks	8 x 30 seconds	10 seconds	80	medium/fast
Work Out 6				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 30 seconds	10 seconds	80	fast
Butt Kicks	8 x 30 seconds	10 seconds	80	fast
Short Sprints	8 x 30 seconds	10 seconds	80	fast
High Knees	8 x 30 seconds	10 seconds	80	fast
Short Sprints	8 x 30 seconds	10 seconds	80	fast
Butt Kicks	8 x 30 seconds	10 seconds	80	fast
Work Out 7				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 30 seconds	10 seconds	85	fast
Jump Forward & Back	8 x 30 seconds	10 seconds	85	fast
Butt Kicks	8 x 30 seconds	10 seconds	85	fast
Alternative Foot Step	8 x 30 seconds	10 seconds	85	fast
Short Sprints	8 x 30 seconds	10 seconds	85	fast
Butt Kicks	8 x 30 seconds	10 seconds	85	fast
Work Out 8				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 30 seconds	10 seconds	85	fast
Short Sprints	8 x 30 seconds	10 seconds	85	fast
One Foot Forwards & backwards	8 x 30 seconds	10 seconds	85	fast
Short Sprints	8 x 30 seconds	10 seconds	85	fast
Alternative Foot Step	8 x 30 seconds	10 seconds	85	fast
One Foot Forwards & backwards	8 x 30 seconds	10 seconds	85	fast

The 30 Day Atlas Rope Skipping Challenge

Work out 9				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 35 seconds	10 seconds	90	fast
Jump forwards & backwards	8 x 35 seconds	10 seconds	90	fast
Short Sprints	8 x 35 seconds	10 seconds	90	fast
Alternative Foot Step	8 x 35 seconds	10 seconds	90	fast
Jump forwards & backwards	8 x 35 seconds	10 seconds	90	fast
Short Sprints	8 x 30 seconds	10 seconds	90	fast
Work out 10				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 35 seconds	10 seconds	90	fast
Half twister	8 x 35 seconds	10 seconds	90	fast
Short Sprints	8 x 35 seconds	10 seconds	90	fast
Heel jumps	8 x 35 seconds	10 seconds	90	fast
Short Sprints	8 x 35 seconds	10 seconds	90	fast
Half twister	8 x 35 seconds	10 seconds	90	fast
Work Out 11				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short sprints	8 x 35 seconds	10 seconds	95	fast
Jump forwards & Backwards	8 x 35 seconds	10 seconds	95	fast
Half twister	8 x 35 seconds	10 seconds	95	fast
Short sprints	8 x 35 seconds	10 seconds	95	fast
Jump forwards & Backwards	8 x 35 seconds	10 seconds	95	fast
Half twister	8 x 35 seconds	10 seconds	95	fast
Work out 12				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short sprints	8 x 40 seconds	10 seconds	100	fast
One foot forwards & Backwards	8 x 40 seconds	10 seconds	100	fast
High knees	8 x 40 seconds	10 seconds	100	fast
Short sprints	8 x 40 seconds	10 seconds	100	fast
One foot forwards & Backwards	8 x 40 seconds	10 seconds	100	fast
High knees	8 x 40 seconds	10 seconds	100	fast

Advanced Workouts

Work Out 1				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 40 seconds	10 seconds	100	fast
Alternative foot step	8 x 40 seconds	10 seconds	100	fast
Short Sprints	8 x 40 seconds	10 seconds	100	fast
Double under jumps	8 x 40 seconds	10 seconds	100	fast
Short Sprints	8 x 40 seconds	10 seconds	100	fast
Double under jumps	8 x 40 seconds	10 seconds	100	fast
Work Out 2				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 40 seconds	10 seconds	100	fast
Double under jumps	8 x 40 seconds	10 seconds	100	fast
Short Sprints	8 x 40 seconds	10 seconds	100	fast
High knees	8 x 40 seconds	10 seconds	100	fast
Short Sprints	8 x 40 seconds	10 seconds	100	fast
High knees	8 x 40 seconds	10 seconds	100	fast
Work Out 3				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 40 seconds	10 seconds	100	fast
One foot circles	8 x 40 seconds	10 seconds	100	fast
Short Sprints	8 x 40 seconds	10 seconds	100	fast
One foot circles	8 x 40 seconds	10 seconds	100	fast
Short Sprints	8 x 40 seconds	10 seconds	100	fast
One foot circles	8 x 40 seconds	10 seconds	100	fast
Work out 4				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative foot step	8 x 45 seconds	10 seconds	110	fast
Double under jumps	8 x 45 seconds	10 seconds	110	fast
Short sprints	8 x 45 seconds	10 seconds	110	fast
Alternative foot step	8 x 45 seconds	10 seconds	110	fast
Double under jumps	8 x 45 seconds	10 seconds	110	fast
Short sprints	8 x 45 seconds	10 seconds	110	fast

The 30 Day Atlas Rope Skipping Challenge

Work out 5				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short sprints	8 x 45 seconds	10 seconds	110	fast
Kris cross arms	8 x 45 seconds	10 seconds	110	fast
Double under jumps	8 x 45 seconds	10 seconds	110	fast
Short sprints	8 x 45 seconds	10 seconds	110	fast
Kris cross arms	8 x 45 seconds	10 seconds	110	fast
Double under jumps	8 x 45 seconds	10 seconds	110	fast
Work Out 6				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Alternative Foot Step	8 x 45 seconds	10 seconds	115	fast
Kris cross arms	8 x 45 seconds	10 seconds	115	fast
Halt Twister	8 x 45 seconds	10 seconds	110	fast
Short sprints	8 x 45 seconds	10 seconds	115	fast
Kris cross arms	8 x 45 seconds	10 seconds	115	fast
Half twister	8 x 45 seconds	10 seconds	115	fast
Work Out 7				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Double under jumps	8 x 45 seconds	10 seconds	115	fast
Forward straddles	8 x 45 seconds	10 seconds	115	fast
One foot circles	8 x 45 seconds	10 seconds	115	fast
Double under jumps	8 x 45 seconds	10 seconds	115	fast
Forward straddles	8 x 45 seconds	10 seconds	115	fast
One foot circles	8 x 45 seconds	10 seconds	115	fast
Work Out 8				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Double under jumps	8 x 50 seconds	10 seconds	120	fast
Short sprints	8 x 50 seconds	10 seconds	120	fast
High knees	8 x 50 seconds	10 seconds	120	fast
Double under jumps	8 x 50 seconds	10 seconds	120	fast
Short sprints	8 x 50 seconds	10 seconds	120	fast
High knees	8 x 50 seconds	10 seconds	120	fast

The 30 Day Atlas Rope Skipping Challenge

Work out 9				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Short Sprints	8 x 50 seconds	10 seconds	120	fast
Arms Kris Cross	8 x 50 seconds	10 seconds	120	fast
Double Under jumps	8 x 50 seconds	10 seconds	120	fast
Short Sprints	8 x 50 seconds	10 seconds	120	fast
Arms Kris Cross	8 x 50 seconds	10 seconds	120	fast
Double Under jumps	8 x 50 seconds	10 seconds	120	fast
Work out 10				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Jump forwards & Backwards	8 x 55 seconds	10 seconds	120	fast
One foot circles	8 x 55 seconds	10 seconds	120	fast
Alternate foot step	8 x 55 seconds	10 seconds	120	fast
Jump forwards & Backwards	8 x 55 seconds	10 seconds	120	fast
One foot circles	8 x 55 seconds	10 seconds	120	fast
Alternate foot step	8 x 55 seconds	10 seconds	120	fast
Work out 11				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
High Knees	8 x 60 seconds	10 seconds	120	fast
Half twister	8 x 60 seconds	10 seconds	120	fast
Kris cross arms	8 x 60 seconds	10 seconds	120	fast
High Knees	8 x 60 seconds	10 seconds	120	fast
Half twister	8 x 60 seconds	10 seconds	120	fast
Kris cross arms	8 x 60 seconds	10 seconds	120	fast
Work out 12				
Name of Skipping Exercise	Duration of Exercise Bout	Rest Interval after each exercise bout	Rope Revolution	Rope Revolution Tempo
Kris Cross Feet	8 x 60 seconds	10 seconds	120	fast
Butt Kicks	8 x 60 seconds	10 seconds	120	fast
Forward straddle	8 x 60 seconds	10 seconds	120	fast
Kris Cross Feet	8 x 60 seconds	10 seconds	120	fast
Butt Kicks	8 x 60 seconds	10 seconds	120	fast
Forward straddle	8 x 60 seconds	10 seconds	120	fast

Final Thoughts

Good luck with the workouts, enjoy the burn, sweat and results that you will get from this book. Remember: what you put into the workouts will determine the end results that you will achieve. We would like to take this opportunity and thank you for buying our product and if you liked it feel free to give us some feedback on the site that you purchased it from.