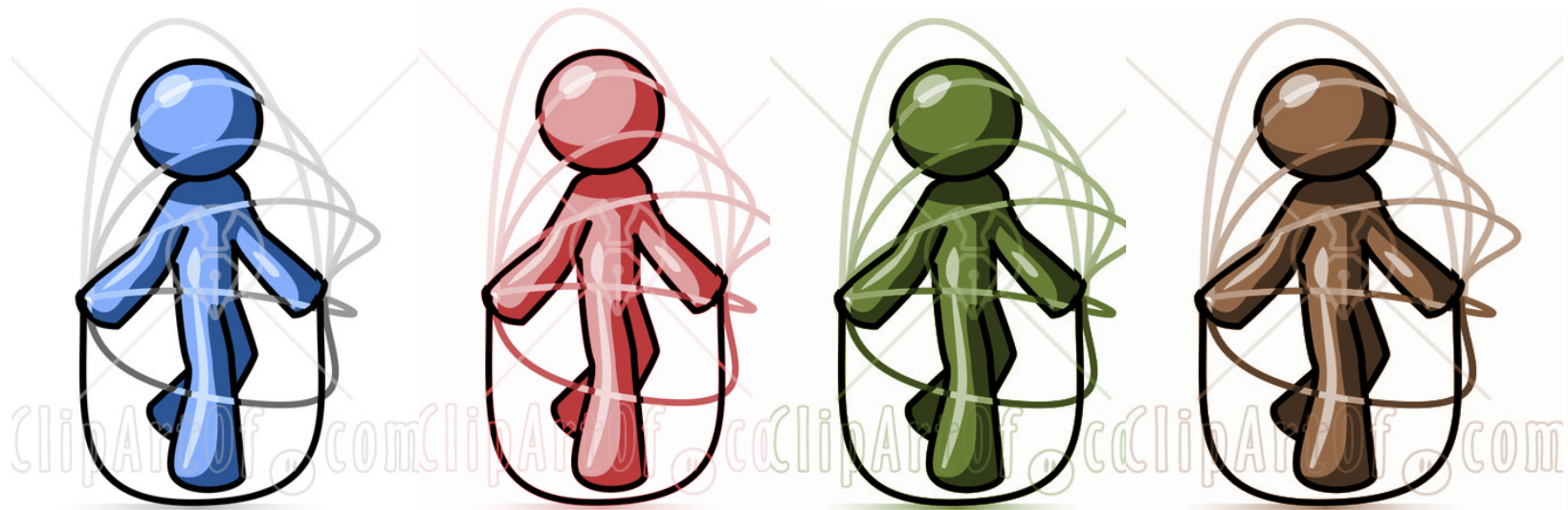


JUMP ROPE SKILLS



FORWARD WITH REBOUND

Skill Level : Easy



BACKWARDS

Skill Level: Easy



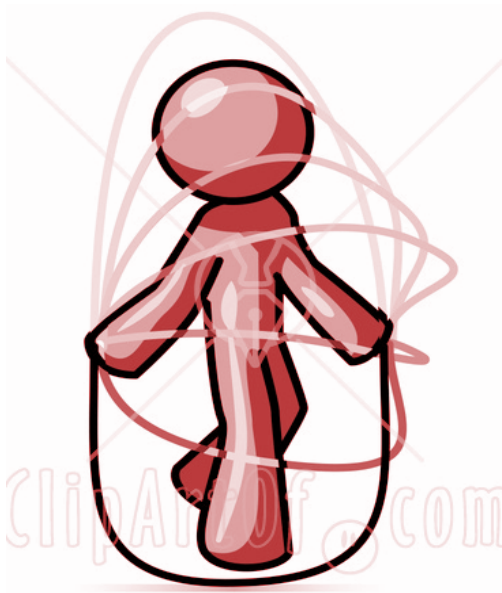
RUNNING JUMP (ONE FOOT JUMP)

Skill Level: Easy



ALTERNATE FOOT JUMPING

Skill Level: Medium



BELL JUMP

Skill Level: Medium



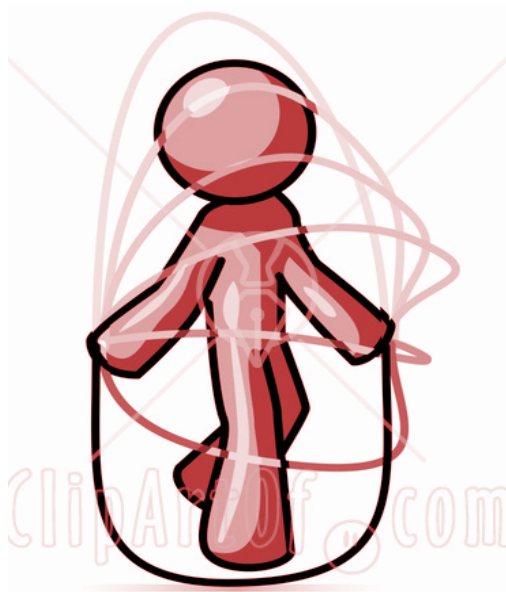
SWING STEP FORWARD

Skill Level: Medium



POGO JUMPS

Skill Level: Medium



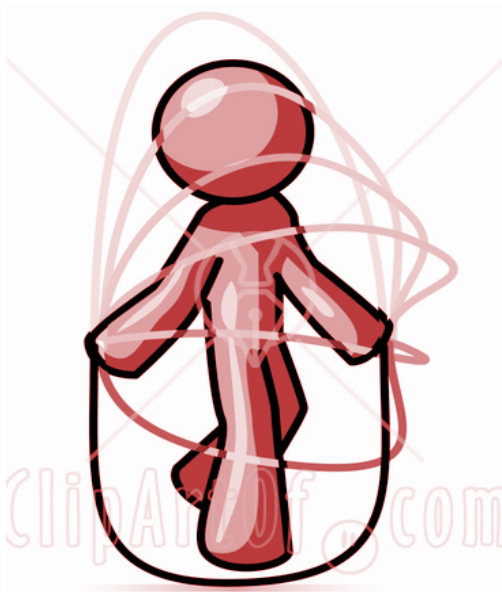
STRADDLE CROSS

Skill Level: Medium



SPREAD EAGLE

Skill Level: Medium



SKI JUMPS

Skill Level: Medium



HEEL TOUCH

Skill Level: Hard



ROCKER STEP

Skill Level: Advanced



CROSSTOVERS

Skill Level: Hard



DOUBLE UNDERS

Skill Level: Advanced



SWITCHING FROM FORWARDS TO BACKWARDS

Skill Level: Medium



Jump Rope Challenge Video

