Choosing exercises

\leftarrow	Select set					
Using previous set Off						
Please select set						
🆓 Jump rope 🗸 🗸						
Jump rope Last session: Time:						
05/14/2018						
Add exercise						

Page without any chosen exercises

The list of exercises from Jump rope workout

Exercises

Drill 1

foot

Drill 1

foot

Drill 1

foot

Drill 1

Select exercises

Swing the rope around and jump over it with one

Swing the rope around

Swing the rope around and jump over it with one

Swing the rope around

and jump over it with one

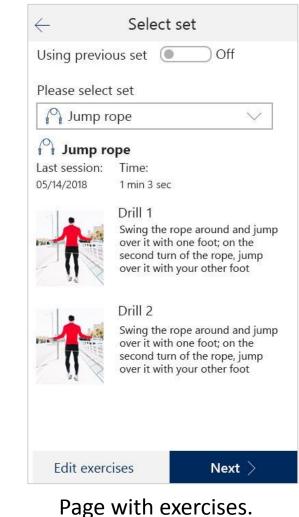
and jump over it with one

All 🗸

Jump rope

 \checkmark

 \checkmark



Page with exercises. User can edit the list or go to the next step

Sets and Reps

\leftarrow	Cardio					
SET 1						
1	00:01:05		Ø			
2	00:02:53		Ø			
SET 2						
1	00:01:05		Ø			
2	00:02:53		Ø			
ADD SET						
00:02:53						
Next $>$						

 \leftarrow Cardio A Jump rope 10:39 📿 SET 1 REPS Ø 1 00:01:05 ~ 2 00:02:53 Ø \checkmark SET 2 REPS Ø 1 00:01:05 $\overline{}$ Ø 2 00:02:53 +ADD SET 00:02:53 Next >

Option 1

Option 2