

Choosing exercises

← Select set

Using previous set ☐ Off

Please select set

Jump rope

Jump rope

Last session: Time:
05/14/2018 1 min 3 sec

Add exercise

Page without any
chosen exercises

← Select set

Using previous set ☐ Off

Please select set

Jump rope

Jump rope

Last session: Time:
05/14/2018 1 min 3 sec

Exercises

☐ Drill 1
Swing the rope around and jump over it with one foot

☒ Drill 1
Swing the rope around and jump over it with one foot

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Swing the rope around and jump over it with one foot

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Swing the rope around and jump over it with one foot

Select exercises

The list of exercises
from Jump rope
workout

← Select set

Using previous set ☐ Off

Please select set

Jump rope

Jump rope

Last session: Time:
05/14/2018 1 min 3 sec

Drill 1
Swing the rope around and jump over it with one foot; on the second turn of the rope, jump over it with your other foot

Drill 2
Swing the rope around and jump over it with one foot; on the second turn of the rope, jump over it with your other foot

Edit exercises Next >

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

Sets and Reps

← Cardio

Jump rope 10:39 ↺

SET 1

1 00:01:05 ☒

2 00:02:53 ☒

SET 2

1 00:01:05 ☒

2 00:02:53 ☐

+

ADD SET

00:02:53

Next >

Option 1

← Cardio

Jump rope 10:39 ↺

SET 1

REPS

1 00:01:05 ☒

2 00:02:53 ☒

SET 2

REPS

1 00:01:05 ☒

2 00:02:53 ☐

+

ADD SET

00:02:53

Next >

Option 2