Rebel Speed /Strength Program
Be An Athlete
Rope Jumping Program

4X Week
Vary Workouts

1. To Improve Agility, Coordination and Balance
   20 Sec - Left Foot
   20 Sec - Right Foot
   20 Sec - Both Feet
   20 Sec - Alternate Feet
   20 Sec - Run In Place - FAST
   30 Sec - Rest - Repeat 4X

2. To Improve Speed and Quickness
   Step Down Regression – Run in Place
   30 Sec - Max Speed - Rest 30 Sec
   20 Sec - Max Speed - Rest 30 Sec
   10 Sec - Max Speed - Rest 30 Sec
   5 Sec - Max Speed - Rest 1 Minute
   Repeat 6X

3. To Improve Endurance and Strength
   Jump 4 Rounds at a Steady Pace with
   1 Minute Rest
   Total = 16 Minutes
           12 Minutes of Work - 4 Minutes of Rest