

# Hyperperformance Jump Rope Training Programs



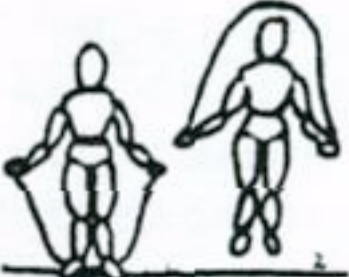



<b>•Warm In Program</b>	Techniques: Basic Bounce Step and Alternate Foot Step
<b>Training Routine</b>	<ol style="list-style-type: none"> <li>1. 4 Bounce Step</li> <li>2. 8 Alternate Foot Step (count right foot 4 times).</li> <li>3. Repeat for a total of 5 min</li> </ol>
<b>Intensity:</b>	140 - 160 RPM (rope revolutions per minute)
<b>Training Frequency:</b>	Daily before practice
<b>Goal:</b>	Move forward, backwards and lateral, while jumping
<b>Seasonal Implementation:</b>	Throughout all seasons.

<b>•Training Routine:</b>	Technique: Alternate Foot Step
<b>Training Routine:</b>	<ol style="list-style-type: none"> <li>1. Perform Alternate Foot Step for a total of 30 sec.</li> <li>2. 30 sec rest</li> <li>3. Repeat x 5</li> </ol>
<b>Intensify:</b>	Jump as fast as you can without catches of the rope or at 200+ RPM
<b>Training Frequency:</b>	2 - 4 times per week
<b>Goal:</b>	Each set should equal or increase previous score
<b>Seasonal Implementation:</b>	Implement the sprint training programs during the pre-season 4 times per week. Continue using the programs during the regular season 2 • 3 times per week

<b>•Power Program</b>	Technique: Alternate Foot Step and Power Jump
<b>Training Routine:</b>	<ol style="list-style-type: none"> <li>1. 8 Alternate Foot Step (count right foot 4 times).</li> <li>2. 2 Power Jumps.</li> <li>3. Repeat x 3 _____</li> </ol>
<b>Intensify:</b>	Jump as fast as you can without catches of the rope or at 200+ RPM
<b>Training Frequency:</b>	2 - 3 times per week
<b>Goal:</b>	2 set perform three power jumps 3 set perform four power jumps Maintain same speed from alternate foot step to power jump
<b>Seasonal Implementation:</b>	Implement the sprint training programs during the pre-season 4 times per week. Continue using the programs during the regular season 2 • 3 times per week

# Hyperperformance Jump Rope Training Techniques

Once you have mastered the Skill of Jumping, you can incorporate these techniques into your warm up program

		
<p><b>Side Straddle</b> Begin with Basic Bounce Step. Then jump with feet shoulder width apart. Alternate.</p>	<p><b>Skier's Jump</b> Jump a few inches to the right, and then jump a few inches to the left. Alternate. Keep feet together and torso straight ahead. Result should look like a skier's slalom.</p>	<p><b>Power Jump</b> Jump a little higher than Basic Bounce. Turn wrists quickly to allow rope to turn twice in one jump. Keep head straight and torso relaxed for good jumping form.</p>
		
<p><b>Forward Straddle</b> Jump with one foot forward in a straddle position and alternate. Move feet only a few inches.</p>	<p><b>Arm Criss Cross</b> Swing rope around and cross tightly at waist level. Uncross on second jump. Alternate on every other jump.</p>	<p><b>Full Twister</b> Bounce jump and twist lower body to the right Jump and twist to the left.</p>