



Bunny Hops

Hop over the rope
on one foot



Flashback

Swing the rope in the other
direction, jumping backward



Run It

Run or jog forward over the
rope



Firecrackers

Jump as fast as
you can



Jump Rope Jacks

Jump with feet together
then feet apart



Twister

Twist body to one side and
then the other when jumping



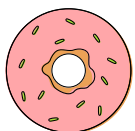
Ski Jumper

Spread the rope on the floor
and jump side to side over it



Crisscross

Criss cross legs on every
other jump



Donut Jumps

Make the rope into a circle on
the ground, jump into the circle
then out



Crossovers

Cross arms on every other
jump



Up and Back

Spread the rope on the floor
and jump forward and
backward over it