

### OFF-SEASON JUMP ROPE ROUTINE (SEE DIAGRAM)

Jump Type	Quadrants	Reps
Regular Jumps	NA	50
Side to Side	4-3	50
Front to Back	4-1	50
Boxer Shuffle (2 right, 2 left)	NA	50
Front to Back (One Foot)	4-1	25 each foot
Side to Side (One Foot)	4-3	25 each foot
Triangle	1-2-4, 2-1-3	25 each pattern
Zigzag	1-3-2-4	50
Double Jump with Bounce*	NA	50
Double Jump Continuous**	NA	50

Bonus Jumps: As many jumps as possible in 30 seconds.  
*The Illini record is 118... Good luck*

\* **DOUBLE JUMP WITH BOUNCE**—Alternate between double-jumps (letting the rope pass twice under your feet) and single-jumps for specified reps

\*\* **DOUBLE JUMP CONTINUOUS**—Perform continuous double jumps

**WHEN TO JUMP:** Monday, Wednesday and Friday in the off-season, before each full-body lift.

