

Plymouth Girls Basketball Jump Rope Routine

- Perform this routine every other day to improve your jumping, cardiovascular endurance and agility.
- This routine will take you 6-7 minutes to complete.
- Add ankle weights for added resistance

1. Two foot jump - 100 Jumps
2. 1 Foot jump - 100 jumps, switch feet every 20 jumps.
3. Jogger – 100 Jumps
4. Two Foot Jumps – 100 Jumps
5. 1 Foot Jumps – 100 Jumps, switch feet every 20 jumps
6. Jogger – 100 Jumps