



# TRAINING SCHEDULE

2 to 3 times a week

## STRETCHING EXERCISES

- Circles of the wrist
- Tightening the tips of the toes
- Unrolling the feet from the verses to the tips of your toes and vice versa

## 5 MINUTES ROPE SKIPPING

Warming up with simple jumps

- Arms hang loosely on the side at hip height
- Slight kinking of the knees, no unnecessary high jumping
- Rope touches the ground

Variants: Swinging backwards, Alternating feet

## 1 MINUTE BREAK

## POWER EXERCISES (10 - 15 repetitions)

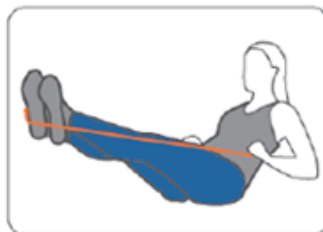
### 1. Shoulder stand with fuselage lift

- Take rope double/triple and tension between hands
- "Candle" position with stretched legs
- Raise upper body and lift rope over toe tip



### 2. Rowing

- Double/triple the rope and tension it between hands
- Stretch/tighten the legs and bend the arms accordingly as when rowing



## 5 MINUTES ROPE SKIPPING

Simple jumps as a basis with advanced techniques as Variation e.g.

### 1. Twist Jump

- Hip rotation during the jump
- Legs close together and high jump-off

### 2. Greet Jump

- Alternating sliding and closing of the legs

### 3. Slalom Jump

- Offset jumping to the left and right



## 1 MINUTE BREAK

### 1. Lunge

Take rope double/triple between hands, lunge forward (or to the side) and raise arms above head at the same time



### 2. Lay eights

Fold the rope to the length of the handles and go to the knees, hand over the rope in figure eight form around the legs alternately with the right and left hand in front of or behind the leg.



### 5 MINUTES ROPE SKIPPING

Simple jumps as a basis with advanced techniques as Variation e.g.

#### 1. Criss Cross

- Cross your arms in front of your body every second jump

#### 2. Fast Skipping

- Run on the spot over the rope with your knees pulled up

#### 3. Double Skipping

- Double swinging of the rope during a jump

#### 4. One-legged Jump

### OR FOR A CHANGE WITH "ROPE TO THE GROUND"

#### 1. Standing

rope on the ground, bipedal jumping back and forth over the rope, high jump

#### 2. Push-up position

Rope on the ground, push-up in the middle above the rope, Translate the two legs over the rope with Jump, arms stayed on the ground

### MOBILIZATION EXERCISES

(rep 10 - 15)

#### 1. Upper body rotation

- Take rope double/triple and tension between hands,  
- Bend your knees slightly and turn your upper body to the side

#### 2. Torso raise

- Take rope double/triple and tension between hands  
- Prone position  
- Raise shoulders, hands and legs (simultaneously or alternately right left)

