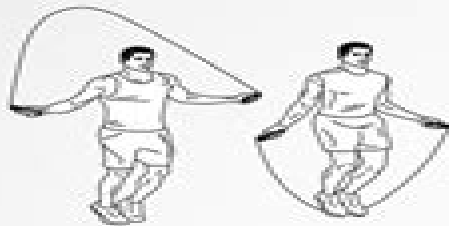


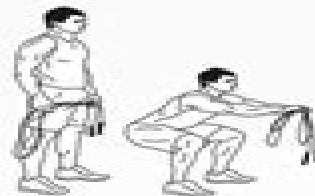
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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**30sec** skips



**15sec** squats



**15sec** jump squats



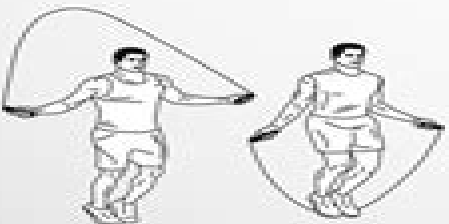
**30sec** skips



**15sec** squats



**15sec** calf raises



**30sec** skips



**15sec** squats



**15sec** jumping lunges

# Jump Rope Training Nd Edition

**Katrin Zwirgmaier**



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**Jump Rope Training** Buddy Lee, 2003 Presents an athletic training program that utilizes jump roping to help people improve their speed agility balance strength power and endurance with exercises and drills including warm ups cool downs fitness and sport specific training

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