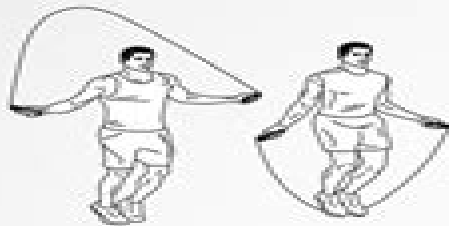


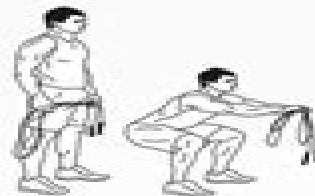
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Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



**30sec** skips



**15sec** squats



**15sec** jump squats



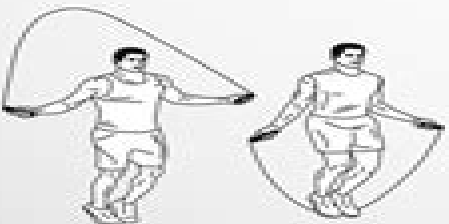
**30sec** skips



**15sec** squats



**15sec** calf raises



**30sec** skips



**15sec** squats



**15sec** jumping lunges

# Jump Rope Training Nd Edition

**Jin-Ying Zhang**



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