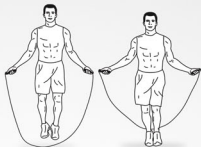


JUMP ROPE



30-DAY CHALLENGE
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1 1min skips 3 sets 1min rest	2 4min in total throughout the day	3 2min skips non-stop	4 1min skips 3 sets 1min rest	5 200 skips in one workout
6 1min skips 3 sets 1min rest	7 4min in total throughout the day	8 2min skips non-stop	9 1min skips 3 sets 1min rest	10 400 skips in one workout
11 1min skips 4 sets 1min rest	12 6min in total throughout the day	13 3min skips non-stop	14 1min skips 4 sets 1min rest	15 450 skips in one workout
16 1min skips 4 sets 1min rest	17 6min in total throughout the day	18 3min skips non-stop	19 1min skips 4 sets 1min rest	20 600 skips in one workout
21 1min skips 4 sets 1min rest	22 8min in total throughout the day	23 4min skips non-stop	24 1min skips 4 sets 1min rest	25 800 skips in one workout
26 1min skips 5 sets 1min rest	27 10min in total throughout the day	28 4min skips non-stop	29 1min skips 5 sets 1min rest	30 1000 skips in one workout