

# JUMP ROPE

DAREBEE **HIIT** WORKOUT © [darebee.com](http://darebee.com)

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