

DOUBLE-UNDERS

Week 1

PREREQUISITE	<ul style="list-style-type: none"> - 20 or more unbroken jumps off the balls of the feet - 20 or more unbroken single-unders
DAY 1	<ol style="list-style-type: none"> 1) 3 x :10 jump in place (no rope) <ul style="list-style-type: none"> - Flex the foot and ankle when jumping, rather than jumping off the toes. 2) 3 x :20 single-unders <ul style="list-style-type: none"> - Rotate and spin both wrists to rotate the rope. 3) 5 x 2 single-unders + 1 high jump <ul style="list-style-type: none"> - Maintain a natural jumping position when jumping higher. 4) 5 x 5 single-unders fast + 5 single-unders slow <ul style="list-style-type: none"> - Practice different jumping speeds and rope speeds. 5) 10 x 2 single-unders + 1 double-under <ul style="list-style-type: none"> - Higher jumps and both wrists spinning faster. <p>* Recommended post-workout.</p> <p>* Progression demo (https://youtu.be/5Suap_VwY0U?si=gOqbRo5aipQnBH4C)</p>
DAY 2	<ol style="list-style-type: none"> 1) 4 x 10 reps penguin taps (https://youtu.be/8-6eM3hTHX4?si=t6G-mmr1EBI5OQke) 2) 10 x 2 single-unders + 1 double-under <ul style="list-style-type: none"> - Higher jumps and both wrists spinning faster. 3) 4 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
DAY 3	<ol style="list-style-type: none"> 1) 4 sets: 20 seconds single-unders, 10 seconds rest 2) 4 sets: 20 seconds 2 single-unders + 1 double-under, 10 seconds rest 3) 4 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Foam roll calf 2) Lacrosse ball, bottom of the foot roll 3) Standing calf stretch 4) Double-forearm stretch

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Week 2

DAY 4	<ol style="list-style-type: none"> 1) 3 x :10 jump in place (no rope) <ul style="list-style-type: none"> - Flex the foot and ankle when jumping, rather than jumping off the toes. 2) 3 x :20 single-unders <ul style="list-style-type: none"> - Rotate and spin both wrists to rotate the rope. 3) 7 x 2 single-unders + 1 high jump <ul style="list-style-type: none"> - Maintain a natural jumping position when jumping higher. 4) 7 x 5 single-unders fast + 5 single-unders slow <ul style="list-style-type: none"> - Practice different jumping speeds and rope speeds. 5) 12 x 2 single-unders + 1 double-under <ul style="list-style-type: none"> - Higher jumps and both wrists spinning faster. <p>* Recommended post-workout.</p> <p>* Progression demo (https://youtu.be/5Suap_VwY0U?si=gOqbRo5aipQnBH4C)</p>
DAY 5	<ol style="list-style-type: none"> 1) 4 x 10 reps penguin taps (https://youtu.be/8-6eM3hTHX4?si=t6G-mmr1EBI5OQke) 2) 12 x 2 single-unders + 1 double-under <ul style="list-style-type: none"> - Higher jumps and both wrists spinning faster. 3) 4 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
DAY 6	<ol style="list-style-type: none"> 1) 4 sets: 20 seconds single-unders, 10 seconds rest 2) 5 sets: 20 seconds 2 single-unders + 1 double-under, 10 seconds rest 3) 5 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Foam roll calf 2) Lacrosse ball, bottom of the foot roll 3) Standing calf stretch 4) Double-forearm stretch

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Week 3

DAY 7	<ol style="list-style-type: none"> 1) 3 x :10 jump in place (no rope) <ul style="list-style-type: none"> - Flex the foot and ankle when jumping, rather than jumping off the toes. 2) 3 x :20 single-unders <ul style="list-style-type: none"> - Rotate and spin both wrists to rotate the rope. 3) 57 x 2 single-unders + 1 high jump <ul style="list-style-type: none"> - Maintain a natural jumping position when jumping higher. 4) 10 x 5 single-unders fast + 5 single-unders slow <ul style="list-style-type: none"> - Practice different jumping speeds and rope speeds. 5) 14 x 2 single-unders + 1 double-under <ul style="list-style-type: none"> - Higher jumps and both wrists spinning faster. <p>* Recommended post-workout.</p> <p>* Progression demo (https://youtu.be/5Suap_VwY0U?si=gOqbRo5aipQnBH4C)</p>
DAY 8	<ol style="list-style-type: none"> 1) 4 x 10 reps penguin taps (https://youtu.be/8-6eM3hTHX4?si=t6G-mmr1EBI5OQke) 2) 14 x 2 single-unders + 1 double-under <ul style="list-style-type: none"> - Higher jumps and both wrists spinning faster. 3) 4 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
DAY 9	<p>* Recommended post-workout.</p> <ol style="list-style-type: none"> 1) 4 sets: 20 seconds single-unders, 10 seconds rest 2) 5 sets: 20 seconds 2 single-unders + 1 double-under, 10 seconds rest 3) Accumulate 50 double-unders or attempts, or 5:00 of practice <p>* Recommended post-workout.</p>
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Foam roll calf 2) Lacrosse ball, bottom of the foot roll 3) Standing calf stretch 4) Double-forearm stretch

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Week 4

DAY 10	<ol style="list-style-type: none"> 1) 3 x :10 jump in place (no rope) - Flex the foot and ankle when jumping, rather than jumping off the toes. 2) 3 x :20 single-unders - Rotate and spin both wrists to rotate the rope. 3) 7 x 2 single-unders + 1 high jump - Maintain a natural jumping position when jumping higher. 4) 10 x 5 single-unders fast + 5 single-unders slow - Practice different jumping speeds and rope speeds. 5) 20 x 2 single-unders + 1 double-under - Higher jumps and both wrists spinning faster. <p>* Recommended post-workout.</p> <p>* Progression demo (https://youtu.be/5Suap_VwY0U?si=gOqbRo5aipQnBH4C)</p>
DAY 11	<ol style="list-style-type: none"> 1) 4 x 10 reps penguin taps (https://youtu.be/8-6eM3hTHX4?si=t6G-mmr1EBI5OQke) 2) 14 x 2 single-unders + 1 double-under - Higher jumps and both wrists spinning faster. 3) 4 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
DAY 12	<ol style="list-style-type: none"> 1) 2 sets: 20 seconds single-unders, 10 seconds rest 2) 2 sets: 20 seconds 2 single-unders + 1 double-under, 10 seconds rest 3) 8 sets: 20 seconds double-unders, 10 seconds rest <p>* Recommended post-workout.</p>
RECOMMENDED STRETCHING	<ol style="list-style-type: none"> 1) Foam roll calf 2) Lacrosse ball, bottom of the foot roll 3) Standing calf stretch 4) Double-forearm stretch