

the **CrossFit** JOURNAL ARTICLES

Jump Rope Basics

Part 2: More Preparation Phase, Plus Double-Under Tips

Buddy Lee

To receive the maximum benefits from your jump rope training sessions, you'll want to follow the four steps of my jump rope system (preparation, intermediate, conditioning, and sports training phases) for safe progression. This will be especially important when we reach the high-intensity jump rope training programs for developing superior fitness and increasing competitive advantages in time and space that I will discuss in future articles.

Once you have completed the first part of the preparation phase, explained in my October 2007 article (which teaches proficiency with proper jump rope form and the two basic jumping techniques, and discusses equipment, environment, and safety), you will enter into the second part of the preparation phase. During this period, the goal is to build from your established jump rope proficiency of 140 to 500 consecutive jumps in safe increments.

Building jump rope endurance to 500 jumps

Remember, jumping is a skilled movement that requires proper timing and coordination of the rope swing to complete each jump. During the second half of the preparation phase, we will work up to 500 jumps in order to develop a basic jump rope capacity. In the beginning, it is best to strive for a set number of jumps instead of time because it will help you to gradually increase your jump rope endurance and coordination while keeping you challenged and motivated every step of the way.

You will continue to work toward the perfect jump

throughout the preparation phase as you become increasingly proficient at both the basic bounce and the alternate foot step. During this phase do not immediately focus on improving speed. Instead, your focus should be on technique, to establish a solid jump rope foundation for integrating advanced jump techniques and programs later.

Learning how to control the rotary motion of the rope away from the body (centrifugal tendencies) with the gripping of the handles (centripetal forces) and using the core as a stabilizer transforms into improving gross body equilibrium, coordination, rhythm, and reaction time. Remember, the keys to a perfect jump are correct body mechanics and jumping only high enough to clear the rope for a safe takeoff and landing.



Bounce Step

Another key to increasing your jump rope capacity safely is to have an active rest and stretch period between sets. This is important for most people during the early stages of your program because of the new physical fitness demand placed on the muscles. Once you become proficient and conditioned, stretching before and after each session will be sufficient.

1 of 4

Jump Rope Basics 2 (continued...)

Six-week progressive jump rope endurance program

My six-week program for building jump rope endurance focuses on the two techniques I introduced in my last article, the basic bounce step and the alternate foot step. Remember to stretch your legs and calves between sets as needed.

Week 1: Jump rope conditioning to 25 jumps non-stop

MON	WED	FRI
Basic Bounce Step	Basic Bounce Step	Basic Bounce Step
Jump over rope 10 times and then stop	Jump over rope 20 times and then stop	Jump over rope 25 times and then stop
Reps: 10 Sets: 5 Rest: 60 sec or less between sets	Reps: 20 Sets: 5 Rest: 60 sec or less between sets	Reps: 25 Sets: 5 Rest: 60 sec or less between sets
Alternate Foot Step	Alternate Foot Step	Alternate Foot Step
Count right foot only and multiply by 2.	Count right foot only and multiply by 2.	Count right foot only and multiply by 2.
Reps: 5 Sets: 5 Rest: 60 seconds or less	Reps: 10 Sets: 5 Rest: 60 seconds or less	Reps: 12 Sets: 5 Rest: 60 seconds or less

Week 3: Jump rope conditioning to 100 jumps non-stop

MON	WED	FRI
Basic Bounce Step	Basic Bounce Step	Basic Bounce Step
Jump over rope 50 times and then stop	Jump over rope 80 times and then stop	Jump over rope 100 times and then stop
Reps: 50 Sets: 5 Rest: 60 sec or less between sets	Reps: 80 Sets: 5 Rest: 60 sec or less between sets	Reps: 100 Sets: 5 Rest: 60 sec or less between sets
Alternate Foot Step	Alternate Foot Step	Alternate Foot Step
Count right foot only and multiply by 2.	Count right foot only and multiply by 2.	Count right foot only and multiply by 2.
Reps: 30 Sets: 5 Rest: 60 seconds or less	Reps: 40 Sets: 5 Rest: 60 seconds or less	Reps: 50 Sets: 5 Rest: 60 seconds or less

Week 2: Jump rope conditioning to 50 jumps non-stop

MON	WED	FRI
Basic Bounce Step	Basic Bounce Step	Basic Bounce Step
Jump over rope 30 times and then stop	Jump over rope 40 times and then stop	Jump over rope 25 times and then stop
Reps: 30 Sets: 5 Rest: 60 sec or less between sets	Reps: 40 Sets: 5 Rest: 60 sec or less between sets	Reps: 50 Sets: 5 Rest: 60 sec or less between sets
Alternate Foot Step	Alternate Foot Step	Alternate Foot Step
Count right foot only and multiply by 2.	Count right foot only and multiply by 2.	Count right foot only and multiply by 2.
Reps: 15 Sets: 5 Rest: 60 seconds or less	Reps: 20 Sets: 5 Rest: 60 seconds or less	Reps: 25 Sets: 5 Rest: 60 seconds or less

Week 4: Jump rope conditioning to 250 jumps non-stop

MON	WED	FRI
Basic Bounce Step	Basic Bounce Step	Basic Bounce Step
Jump over rope 150 times and then stop	Jump over rope 200 times and then stop	Jump over rope 250 times and then stop
Reps: 150 Sets: 5 Rest: 60 sec or less between sets	Reps: 200 Sets: 5 Rest: 60 sec or less between sets	Reps: 250 Sets: 5 Rest: 60 sec or less between sets
Alternate Foot Step	Alternate Foot Step	Alternate Foot Step
Count right foot only and multiply by 2.	Count right foot only and multiply by 2.	Count right foot only and multiply by 2.
Reps: 75 Sets: 5 Rest: 60 seconds or less	Reps: 100 Sets: 5 Rest: 60 seconds or less	Reps: 125 Sets: 5 Rest: 60 seconds or less

Jump Rope Basics 2 (continued...)

Week 5: Jump rope conditioning to 350 jumps non-stop

MON	WED	FRI
Basic Bounce Step	Basic Bounce Step	Basic Bounce Step
Jump over rope 280 times and then stop	Jump over rope 310 times and then stop	Jump over rope 350 times and then stop
Reps: 280 Sets: 5 Rest: 60 sec or less between sets	Reps: 310 Sets: 5 Rest: 60 sec or less between sets	Reps: 350 Sets: 5 Rest: 60 sec or less between sets
Alternate Foot Step	Alternate Foot Step	Alternate Foot Step
Count right foot only and multiply by 2.	Count right foot only and multiply by 2.	Count right foot only and multiply by 2.
Reps: 140 Sets: 5 Rest: 60 seconds or less	Reps: 155 Sets: 5 Rest: 60 seconds or less	Reps: 175 Sets: 5 Rest: 60 seconds or less

Week 6: Jump rope conditioning to 500 jumps non-stop

MON	WED	FRI
Basic Bounce Step	Basic Bounce Step	Basic Bounce Step
Jump over rope 400 times and then stop	Jump over rope 450 times and then stop	Jump over rope 500 times and then stop
Reps: 400 Sets: 5 Rest: 60 sec or less between sets	Reps: 450 Sets: 5 Rest: 60 sec or less between sets	Reps: 500 Sets: 5 Rest: 60 sec or less between sets
Alternate Foot Step	Alternate Foot Step	Alternate Foot Step
Count right foot only and multiply by 2.	Count right foot only and multiply by 2.	Count right foot only and multiply by 2.
Reps: 200 Sets: 5 Rest: 60 seconds or less	Reps: 225 Sets: 5 Rest: 60 seconds or less	Reps: 250 Sets: 5 Rest: 60 seconds or less

The power jump, a.k.a. the double-under

Because the power jump (or “double-under”) is frequently used by CrossFitters, I would like to jump ahead to this higher level of jumping now, to provide some more tips for learning and mastering this technique. As the “double-under” name suggests, the rope passes under the feet twice in one hop. You can learn to perform these consecutively, which is generally called “power jumping.”

Double Unders
Intro



Power jumping requires the athlete to propel the body upward and lift the feet up to several inches from the surface while making small, fast circular movements with the wrists in order to execute multiple turns of the rope with each jump. This technique develops explosiveness, vertical acceleration, hand and wrist strength, and anaerobic capacity.

The power jump requires good form and is very effective for developing explosiveness. It is perhaps the most important and most difficult to master of the fifteen jump rope techniques that I will cover in this series. The power jump is considered an advanced technique that requires more height than the other jumps, continuous explosive takeoffs, and controlled, safe landings. It requires more time to master than the other jumps and therefore is much easier to attempt after one has mastered the two basic techniques and developed a basic jump rope capacity.

There are different levels of power jumps: the double (basic) power jump, which you will learn here; the triple power jump; and the quadruple (advanced) power jump. Also, once you have mastered the other fourteen techniques, they can be incorporated into the double power jump.

Procedure

1. Start with the bounce step stance.
2. Execute three bounce step jumps.
3. On the fourth jump, bend your knees forward and push off. Jump at least 5 inches from the jumping surface while turning your wrists twice as fast so that the rope passes under your feet twice in one jump.

Jump Rope Basics 2 (continued...)

4. Repeat, starting with three single bounce step jumps.
5. When you have developed the rhythm and timing for this sequence, perform two consecutive power jumps, then three, then four, and so on.
6. Once you are able to perform twenty consecutive power jumps, concentrate on decreasing the height of the jump to two inches off the ground.

When you have mastered this technique, perform the steps in three phases (for an explanation of shadow jumping, see my October 2007 article):

1. Without the rope.
2. While turning the rope to the side of your body.
3. While jumping with the rope.



Reminders on Correct Jump Rope Form

- Look straight ahead to maintain your balance.
- Keep your body upright and balanced with your weight on the balls of your feet.
- Jump only high enough to clear the rope (one inch off the ground).
- Land lightly on the balls of your feet.
- Keep your elbows close to your sides at a 45-degree angle.
- Never sacrifice good jumping form for speed.

Double-Under Technique Tips

- Keep your head straight and your torso relaxed to maintain balance.
- Your body should be in a straight line when taking off to jump, not bent forward.
- Turn your wrists in small, quick circles.
- Do not hold your breath.
- Do not squeeze the rope handles tightly.
- Use a rope measurement at shoulder level in the beginning and adjust to chest level when you improve.
- The key to power jumping is the quick turning of the wrists, not the height of the jump.

Buddy Lee is a U.S. Olympian in wrestling (1992), the author of the book *Jump Rope Training*, the inventor of the U.S. Olympic Team official licensed jump ropes, the owner of [Jump Rope Technology](#), a two-time Marine Corps athlete of the year, a motivational speaker, and the world's leading jump rope training expert.