

32 Jogging Step (Speed)

Prerequisite: none

cues: *right • left • right • left*

STEPS

1. Step over the rope and land on your right foot.
2. On the next rope turn, step over, land on your left foot and continue as if you're jogging.



tips: Alternate your feet with each rope turn. • Lift your knees in front instead of kicking your heels back. • To go faster, use a shorter rope and keep your hands low, turning only with your wrists.