

**SKIP DEM' HILLS**  
Created by Kai O Neil  
Powered by Punk Rope©

**RUN.SKIP.PLAY.**  
Outdoor training for the outdoor  
enthusiast



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## **REPURPOSE YOUR JUMPROPE**

Jumping Rope has many benefits and it's still fun!

- Burns more calories in less time
- Stronger heart rate and increased lung capacity
- Increased power and endurance
- Increased speed and agility
- Improved coordination, balance and timing
- Improved bone density
- Stronger calves and ankles
- Reduction of stress
- Improved self-efficacy and well-being

## **CLEAR YOUR MIND OF CAN'T**

Yes you can! Here at **SD'H** you will learn the basic skills of rope jumping following the Punk Rope© method that are easy to follow and builds progressively over time. You will practice specific strength training protocols to develop the muscles necessary to support this workout.



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## **YOU WILL NEED**

- A jump rope fitted for your height
- Good running sneakers (recommended over cross trainers)
- Enough space to swing your rope
- An attitude of YES I CAN!

## **THE GOAL**

The goal of **SDH** is to be able to jump with your rope up and down hills using the techniques learned and developed both in the class and through the take home workouts. The outdoor part of this class is key. We will hold a weekly outdoor class at various locations around Fountains Hills, AZ once a week. You will also be provided with a self-paced skills, thrills and hills W.O.W. Workout (workout of the week). This is designed to support and progress your training in between class times.



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### **IS SD'H RIGHT FOR ME?**

As with any fitness program, it is suggested that you speak with your doctor before starting any physical exercise program. This workout is geared for those without significant health limitations. If you have unique limitations, physical injuries or you are under a doctors care, it is probably not for you - yet! If you do fall into this category, continue to work with your health care team and consider a personal trainer to meet your specific needs. All potential participants should consider the outdoor nature of this workout. Allergies to environment, sun exposure, running outdoors and the like should be carefully considered.

This is generally a low impact workout. Wearing proper shoes, clothing, executing jumps with proper form and rope height should lessen the wear and tear on joints and help prevent injury. That being said, as in any form of exercise, the participant is assuming any and all risk of injury that may happen both in class and at other training times during the week. Please be your own best advocate and be prudent on your decision making with regards to the various exercises suggested by **SD'H**. Remember, **SD'H** makes suggestions, you make the ultimate decision. It is assumed that the participant is in good standing physical health with no markers for extreme health concerns.



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## **COMMON MISTAKES AND COMPLAINTS**

Here are some common mistakes and/or complaints that may occur when beginning this type of format:

- Turn and jump simultaneously
- Dropping hands and/or extending elbows
- Runaway elbows
- Heel kick reflex (kicking behind)
- Double hop
- Sore calves
- Shin splints
- Premature exhaustion
- Anxiety
- Fatigued shoulders

Learning and developing proper strength and techniques takes time, practice and patience. Start slow and always err on the side of caution (do less, not more) and enjoy being a beginner!



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## **JUMPS FOR TIMING AND COORDINATION**

- Stagger step (boxer's toes)
- Heel strike
- Toe strike
- Side to side
- Bell-hop (forward back with both feet)
- Side sweeps
- Forward and back singles (rock)
- Triangle
- Scissors
- Jumping jacks
- Can-can
- Playground hop

## **JUMPS FOR STRENGTH & POWER**

- 
- High knees
- Single leg
- Potato sack forward/back/side

## **BONUS JUMPS**

- 
- Criss-cross
- Double under



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**ALL OUTDOOR TRAINING IS DONE IN FOUNTAIN HILLS, AZ.**

**FOR MORE INFORMATION, PLEASE EMAIL:**  
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