

30-DAY JUMP ROPE CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	100 Jumps	100 Jumping Jacks	4 x 50 Jumps + 30 Calf Raises	2 x 100 Jumps with 60s Plank Between	Rest Day	200 Jumps	3 x 100 Jumps
2	300 Jumps	2 x 100 Jumping Jacks	4 x 100 Jumps + 30 Calf Raises	2 x 250 Jumps with 60s Plank Between	Rest Day	400 Jumps	5 x 100 Jumps
3	500 Jumps	3 x 100 Jumping Jacks	3 x 200 Jumps + 30 Calf Raises	600 Jumps	Rest Day	2 x 300 Jumps with 60s Plank Between	4 x 200 Jumps
4	800 Jumps	2 x 500 Jumps	3 x 300 Jumps + 30 Calf Raises	4 x 100 Jumping Jacks	2 x 500 Jumps	Rest Day	750 Jumps + 250 Jumps
5	2 x 500 Jumps with 30s Plank Between	1000 Jumps					



Why Does the 30-Day Jump Rope Challenge Have Rest Days?

This **30-Day Jump Rope Challenge** is designed to be a safe, sustainable program that builds confidence and consistency as much as it does fitness, endurance, and strength.

Rest Days are an important aspect of your training because they give your body time to rebuild, repair, and recover. Like running, jump rope is a high-impact activity, and diving in with it every day can overload your musculoskeletal system.

Even if you feel good, resist the urge to grab the jump rope on the weekly Rest Day during this challenge. If you're itching to move, try low-impact cross-training exercises like swimming, rowing, elliptical, and cycling.

Ready to jump? Let's do this!

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Zhe Xu



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