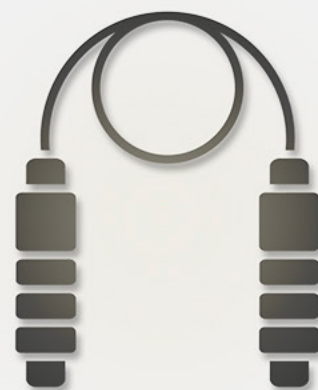


JUMP ROPE FOUNDATIONS

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VARIED not RANDOM

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1. WELCOME TO THE PROGRAM: *Start here!*

The Jump Rope Foundations cycle is a 6-week program that guides you through 35 expertly-designed sessions and introduces you to a wide variety of jump rope skills, drills, techniques, body positions, breathing, workouts and more. We will help you develop Basic Bounce Singles, Running Step Singles, Arm Crossovers, Double-unders, Running Step Arm Crossovers, Backwards Singles, Jump Rope Sprints and more! All the fine details have been included as well, such as properly sizing your jump rope, correct posture, how to hold the handles, etc, etc. The skills are introduced in an intentional sequence which allows them to build off of one another. Plenty of video demonstrations are included to assist you on this journey. This program has been expertly designed to benefit athletes of all levels.

How will I get there?

We recommend you begin the program reading through the entire first week to get an idea of what to expect. Each week begins by stating the “Skill Focus” of the week & has a detailed written description of what your goals are. Each week has 5-6 days of training designed to improve the skill we happen to be focused on. Many training sessions contain two parts, “skill work” as well as a “workout of the day”. Videos have been included as needed to assist the learning process. From there the next step is to schedule the workout sessions in your btwb calendar. Remember to take your time and focus on quality movement. Do not worry about moving fast. Be sure to record notes along the way and track your data/progress. Step by step, day by day and week by week you will continue to improve..

How long is the program?

The Jump Rope Foundations cycle is 6 weeks long. Each week has 5-6 training sessions. Over the course of each week you will be introduced to new movements. We designed this entire program to set you up for success and have each session and each week build off of each other. The movements start off simple and gradually increase in complexity at an appropriate pace.

What will I get?

The Jump Rope Foundations cycle will be delivered straight to your email in the form of an eBook. Once it's there, it's yours forever. You can revisit this program as many times as you'd like for the rest of your life. The eBook makes it super simple for you to confidently complete each session. The eBook will act as your in-home trainer, containing all the information necessary to perform the program.

2. THE PROCESS: *Let's dive in*

The Jump Rope Foundations cycle is a self-paced program, meaning you will complete all 35 sessions on your own schedule and at your own pace. You can complete the entire program in as little as 6 weeks if you choose, or you can take 8 weeks if you wish. You're the boss of your schedule! Choose the frequency that works for you. For optimal results, we recommend completing 5-6 sessions per week for a total program duration of 6 weeks. Fitness is a journey, and this journey is all yours. The recommendations are there for a reason, but know your limits. Challenge yourself and make this a priority while staying safe; injuries can occur if you're not mindful of your limitations.

Be sure to check out Page 7 to view all of the movements included in this program. Feeling overwhelmed with this list? Don't be! Page 7 also contains links to the demo videos to reference as needed. Make sure to set yourself up for success by viewing the equipment needed before beginning the program.

Page 8 of the eBook provides you with a comprehensive calendar view that will help you stay on track and know what's to come. If you're not using the btwb app to plan your workouts, this printable calendar is a great way to track your progression through the program.

Day one of the program begins on Page 15 of the e-Book. Each day is neatly organized on a single page to guide you through day by day so you can stay focused on the task at hand rather than looking ahead to future workouts. Take it one movement, one workout, and one day at a time. Remember, you can always reference Page 7 to view demo videos if you are unsure how to perform a particular movement.

The program will begin on Day One with 15-20 minutes of skillwork followed by a workout consisting of basic bounce singles and burpees. Thirty five sessions later, the program will end with a jump rope test of the "Buddy Lee Standard", a 1RM Clean & Jerk and a 1RM Snatch. Take note of your progress throughout. Reflect on things like:

- How you felt physically and mentally
- Your specific sticking points
- Your big accomplishments
- Things you still need/want to work on

If you want to run through the program again after you finish, go for it!

6. THE BTWB APP: *Get more from the program*

btwb app users can sync 1.5-Mile Run to their btwb calendar. Choose the number of sessions that you'll complete each week, customize which days you'll perform those sessions, and easily view your program schedule to help you stay on track. btwb users can also log their scores for each skill piece to earn credit toward movement history and keep a record of past performances.

ADDED BONUS DETAILS

This program also comes with access to a special in-app daily program overview videos by Pat & Chris, plus access to other top social & analysis features available in the btwb app such as:

- Enjoy using comments & emojis to socialize and engage with other app users
- Access activity feeds to discover and connect with fellow functional fitness fans in your area
- Monitor your progress over time by unlocking your Fitness Level (1-100)
- Celebrate and chronicle other functional fitness milestones by earning badges
- Check out other Varied Not Random Programs created by Pat & Boz
- And more!

