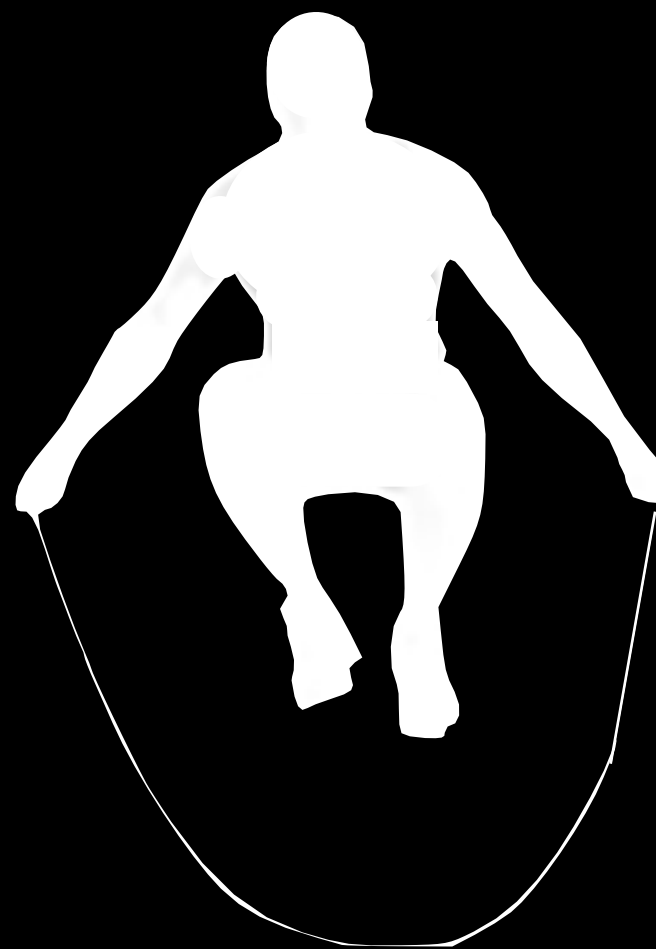


The **Bodyblaster™**



Speed Rope Workouts

Thank You!

Thank you very much for purchasing The Bodyblaster. We mean it.

We hope that you will use your speed rope often and gain significant fitness benefits from it.

This special ebook has been carefully created in order that you may gain the maximum from your Bodyblaster speed rope workouts, no matter what your fitness goals.

We've created 3 sets of program. After reading the book, beginners go to the GetFit section. Those who are already physically active may find the KeepFit section a better place to start. Finally the already very fit may find the challenge of the TopFit section extremely rewarding!

You can also contact us at anytime by clicking the following link - [Contact](#). We are always delighted to talk to our customers and take pride in our customer service.

We are very grateful to you. It helps us a lot. Thanks.

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The Bodyblaster Benefits

The benefits of jump rope, especially speed rope, are legion. They include:

- Greatly increasing your metabolic and cardio conditioning
- Improving your heart and lungs
- Strengthening your muscles and their connective tissue
- Building stronger, and denser, bones and ligaments
- Promoting a healthy body mass and assisting body sculpting
- Developing agility, balance and body coordination

For many of those who are already very fit, including those who partake in CrossFit, speed rope is an excellent MetCon (metabolic conditioning) exercise.

This is especially so when fitness and skill levels facilitate consistent “Double Unders” and even the dreaded “Triple Unders”.

Care & Maintenance

Please note that all jump ropes will fray and break at some point. All of them! This is especially the case for speed ropes due to the nature of the vigorous activity involved.

However, you can help extend the life of your speed rope by ensuring the following:

- do not use on a hard outdoor surface
- do not use on a concrete floor
- do not use on an abrasive surface

Instead:

- do use on an indoor surface
- do use on an exercise mat
- do use on a carpeted surface
- do use on stone-free grass

Also, it helps if you hang the rope up loose after use to prevent kinking of the cable.

The Inevitable Disclaimer

The information contained in this ebook is strictly for general guidance only.

At all times you must use your own common sense in applying this information.

We cannot be held liable for any damages or injuries of any kind caused, or resulting from, any claimed reliance on the information provided. Use at your own risk.

Please be aware that, before beginning any of our workouts, it is highly recommended that you consult with your physician for clearance to undertake any exercise.

We always recommended that people consult with a physician before beginning any new exercise program.

If you have a history, or recent occurrence, of any health problems you should first seek advice from a qualified medical professional.

The information in this ebook does not substitute for seeking the advice of such professionals.

If at any time you feel pain or discomfort, stop immediately.

Before You Begin

Important to remember, before you begin The Bodyblaster workouts:

- Go to YouTube to understand various body exercises named in the workouts
- Warm up slowly, and steadily increase your heart rate, before jumping rope
- Include at least 10 minutes of stretching, both upper and lower body
- Wear aerobic athletic shoes with athletic socks to provide cushioning
- Wear light and comfortable fitness clothing, you're going to sweat!
- Allow adequate movement space around you workout area
- Make sure the floor is smooth, flat, dry, and clear of obstacles
- On completion, warm down thoroughly, pay attention to calves and achilles
- Include at least 10 minutes of stretching both upper and lower body
- Enjoy the experience. Speed rope can be hard work but fun and very rewarding

TopFit 10 Workouts



Tracy's Twisted Sister

- 20 Double Unders
- 20 Jump Squats*

- 30 Double Unders
- 30 Jump Squats

- 40 Double Unders
- 40 Jump Squats

- 50 Double Unders
- 50 Jump Squats

AMRAP in 10 Minutes

* similar to an air squat except it finishes with a leap off both feet into the air

Breakfast Returns

- 30 Seconds Speed Rope Singles
- 20 Seconds Burpees

- 40 Seconds Speed Rope Singles
- 30 Seconds Burpees

- 50 Seconds Speed Rope Singles
- 40 Seconds Burpees

- 60 Seconds Speed Rope Singles
- 50 Seconds Burpees

Repeat for 4 Rounds

Ronald McDonald's Revenge

- 60 Seconds Speed Rope Singles
- 20 Alternate Leg Lunges

- 30 Seconds Double Unders
- 20 Alternate Leg Lunge Jumps*

- 60 Seconds Speed Rope Singles
- 20 Alternate Leg Reverse Lunges**

- 30 Seconds Double Unders
- 20 Alternate Leg Lunge Jumps

Repeat for 5 Rounds

*finish the lunge with a leap in the air and switch legs whilst in mid-air

** step backward into the lunge instead of forward

Terrible Tabatha's Tabata

- 20 Seconds Double Unders
- 10 Seconds Rest

- 20 Seconds Speed Rope Singles - Very Fast
- 10 Seconds Rest

One Round = 4 minutes

Continuously for 5 Rounds

Big Brenda's Bra Buster

- 60 Seconds Speed Rope Singles Fast
- 20 Push Ups

- 40 Double Unders
- 20 Declined Push Ups*

*raise feet higher than your hips throughout

- 60 Seconds Speed Rope Singles Fast
- 20 Chest Tap Push Ups**

**at the top of each pushup lift one hand and tap chest

- 40 Double Unders
- 20 Offset Push Ups***

***keep one hand at shoulder level the other at chest level

- 60 Seconds Speed Rope Singles Fast
- 20 Stacked Feet Push Ups****

****keep one foot on top of the other throughout

- 40 Double Unders
- 20 Double Stop Push Ups*****

*****pause momentarily half way up and down throughout

- 60 Seconds Speed Rope Singles Fast
- 20 Push Ups

Usain's Tabata

- 20 Seconds Double Unders
- 10 Seconds Rest

- 20 Seconds High Knee Sprint-On-The-Spot
- 10 Seconds Rest

One Round = 4 minutes

Continuously for 5 Rounds

The Flying Scotsman's Kilt

- 60 Seconds Speed Rope Singles
- 20 Tuck Jumps*

- 30 Seconds Double Unders
- 20 180 Degree Jump Squats**

- 60 Seconds Speed Rope Singles
- 20 Push Ups

- 30 Seconds Double Unders
- 20 Air Squats

Repeat 4 Times Continuously

*jump high into the air and bring your knees to your chest before landing again

**jump squat but turn around 180 degrees whilst in mid-air to face opposite direction

Fireman's Ladder

- 20 Seconds Speed Rope Singles Fast
- 20 Seconds Burpees

- 30 Seconds Double Unders
- 30 Seconds Push Ups

- 40 Seconds Speed Rope Singles Fast
- 40 Seconds Alternate Leg Reverse Lunges

- 50 Seconds Double Unders
- 50 Seconds Jumping Jacks

- 60 Seconds Speed Rope Singles Fast
- 60 Seconds Air Squats

Repeat 3 Times Continuously

Selina's Six Pack

- 60 Seconds Speed Rope Singles Fast
- 30 Seconds Plank

- 30 Seconds Double Unders
- 30 Seconds Double Stop Air Squats*

- 60 Seconds Speed Rope Singles Fast
- 30 Seconds Side Plank - Right

- 30 Seconds Double Unders
- 30 Seconds Double Stop Air Squats

- 60 Seconds Speed Rope Singles Fast
- 30 Seconds Side Plank - Left

- 30 Seconds Double Unders
- 30 Seconds Double Stop Air Squats

Repeat 3 Times Continuously

*air squats but pausing momentarily half way up and half way down

Dragon's Breath

- 10 Seconds Double Unders
- 10 Tuck Jumps

- 20 Seconds Double Unders
- 10 Tuck Jumps

- 30 Seconds Double Unders
- 10 Tuck Jumps

- 40 Seconds Double Unders
- 10 Tuck Jumps

- 50 Seconds Double Unders
- 10 Tuck Jumps

- 60 Seconds Double Unders
- 10 Tuck Jumps

Repeat for 9 Minutes

KeepFit 10 Workouts



Workout # 1

- 30 Seconds Speed Rope
- 20 Push Ups

- 45 Seconds Speed Rope
- 15 Push Ups

- 60 Seconds Speed Rope
- 10 Push Ups

- Rest for 30 Seconds

Repeat 3 Times

Workout #2

- 30 Seconds Speed Rope
- 15 Burpees

- 60 Seconds Speed Rope
- 10 Burpees

- 90 Seconds Speed Rope
- 5 Burpees

- Rest for 40 Seconds

Repeat 3 Times

Workout #3

- 20 Seconds Speed Rope Fast
- 10 Seconds Rest

- 20 Seconds Jumping Jacks
- 10 Seconds Rest

Eight Rounds Continuously

Workout #4

- 60 Seconds Speed Rope
- 30 Seconds Plank

- 45 Seconds Speed Rope
- 20 Seconds Side Plank Right

- 45 Seconds Speed Rope
- 20 Seconds Side Plank Left

- Rest for 60 Seconds

Repeat 3 Times

Workout #5

- 60 Seconds Speed Rope
- 15 Sit Ups

- 50 Seconds Speed Rope
- 20 Sit Ups

- 40 Seconds Speed Rope
- 25 Sit Ups

- Rest for 60 Seconds

Repeat 4 Times

Workout #6

- 30 Seconds Speed Rope
- 15 Seconds Run On-The-Spot Fast

- 45 Seconds Speed Rope
- 30 Seconds Run On-The-Spot Fast

- 60 Seconds Speed Rope
- 45 Seconds Run On-The-Spot Fast

- Rest for 60 Seconds

Repeat 3 Times

Workout #7

- 30 Seconds Speed Rope
- 20 Air Squats

- 60 Seconds Speed Rope
- 20 Push Ups

- 30 Seconds Speed Rope
- 20 Jumping Jacks

- 60 Seconds Speed Rope
- 20 Sit Ups

- Rest for 60 Seconds

Repeat 3 Times

Workout #8

- 60 Seconds Speed Rope
- 10 Tuck Jumps

- 50 Seconds Speed Rope
- 10 Tuck Jumps

- 40 Seconds Speed Rope
- 10 Tuck Jumps

- Rest for 60 Seconds

Repeat 3 Times

Workout #9

- 60 Seconds Speed Rope
- 10 Alternate Leg Lunges

- 60 Seconds Speed Rope
- 20 Alternate Leg Lunges

- 60 Seconds Speed Rope
- 30 Alternate Leg Lunges

- Rest for 30 Seconds

Repeat 3 Times

Workout #10

- 60 Seconds Speed Rope
- 10 Jump Squats*

- 50 Seconds Speed Rope
- 20 Jump Squats

- 40 Seconds Speed Rope
- 30 Jump Squats

- Rest for 60 Seconds

Repeat 4 Times

* similar to an air squat except it finishes with a leap off both feet into the air

GetFit 10 Workouts



Workout # 1

- 30 Seconds Speed Rope Slow Pace
- 30 Seconds Rest

- 45 Seconds Speed Rope Slow Pace
- 45 Seconds Rest

- 60 Seconds Speed Rope Slow Pace
- 60 Seconds Rest

- 45 Seconds Speed Rope Slow Pace
- 45 Seconds Rest

- 30 Seconds Speed Rope Slow Pace
- 30 Seconds Rest

Repeat

Workout #2

- 30 Seconds Speed Rope Medium Pace
- 30 Seconds Rest

- 45 Seconds Speed Rope Medium Pace
- 45 Seconds Rest

- 60 Seconds Speed Rope Medium Pace
- 60 Seconds Rest

- 75 Seconds Speed Rope Medium Pace
- 75 Seconds Rest

- 90 Seconds Speed Rope Medium Pace
- 90 Seconds Rest

Repeat

Workout #3

- 90 Seconds Speed Rope Medium Pace
- 90 Seconds Rest

- 75 Seconds Speed Rope Medium Pace
- 75 Seconds Jumping Jacks

- 60 Seconds Speed Rope Medium Pace
- 60 Seconds Rest

- 45 Seconds Speed Rope Medium Pace
- 45 Seconds Jumping Jacks

- 30 Seconds Speed Rope Medium Pace
- 30 Seconds Rest

Repeat

Workout #4

- 60 Seconds Speed Rope Medium
- 20 Seconds Rest

- 60 Seconds Speed Rope Medium
- 10 Press Ups

- 60 Seconds Speed Rope Medium
- 20 Seconds Rest

- 60 Seconds Speed Rope Medium
- 10 Press Ups

- 60 Seconds Speed Rope Medium
- 20 Seconds Rest

Repeat

Workout #5

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 60 Seconds Speed Rope Medium
- 20 Seconds Rest

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 60 Seconds Speed Rope Medium
- 10 Press Ups

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 60 Seconds Rest

Repeat Twice

Workout #6

- 60 Seconds Speed Rope Medium
- 20 Alternate Leg Lunges

- 60 Seconds Speed Rope Medium
- 10 Press Ups

- 60 Seconds Speed Rope Medium
- 20 Alternate Leg Lunges

- 60 Seconds Speed Rope Medium
- 10 Press Ups

- 60 Seconds Speed Rope Medium
- 20 Alternate Leg Lunges

- 60 Seconds Rest

Repeat

Workout #7

- 90 Seconds Speed Rope Medium
- 30 Seconds Rest

- 60 Seconds Speed Rope Fast Pace
- 20 Seconds Rest

- 90 Seconds Speed Rope Medium
- 30 Seconds Rest

- 60 Seconds Speed Rope Fast Pace
- 20 Seconds Rest

Repeat Three Times

Workout #8

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 60 Seconds Speed Rope Medium
- 10 Push Ups

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 60 Seconds Speed Rope Medium
- 10 Push Ups

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 60 Seconds Speed Rope Medium
- 10 Push Ups

- 60 Seconds Rest

Repeat

Workout #9

Round One:

- 20 Seconds Speed Rope Medium Pace
- 10 Seconds Rest

- 20 Seconds Speed Rope Fast Pace
- 10 Seconds Rest

Five Rounds Continuously

Workout #10

- 30 Seconds Speed Rope Fast Pace
- 10 Sit Ups

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 30 Seconds Speed Rope Fast Pace
- 10 Sit Ups

- 60 Seconds Speed Rope Medium
- 20 Air Squats

- 30 Seconds Speed Rope Fast Pace
- 10 Air Squats

- 60 Seconds Rest

Repeat Twice