

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Jump rope



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with the jump rope held behind the back.
2. The official/person keeping track of completed revolutions will give a "Ready..Set..GO" command to begin jumping. Once the time starts, the first revolution of the jump rope begins.
3. Participant may rotate the jump rope forward or backward.
4. If participant fails to clear the jump rope on an attempt, they resume in order to be credited with the next successful clearance.
5. When 120 seconds has elapsed, stop jumping.

SCORING: Each successful foot jump is counted during 120 seconds. A successful foot jump is defined as both feet successfully clearing the jump rope as it passes under the feet. No jumps are counted after the time is up. The official/person keeping track of completed revolutions will notify the participant when there is 60 seconds, 30 seconds, and 10 seconds remaining.