

Side Straddle

The first jump is the Side Straddle. While jumping, you open and close your legs.



The next jump is the X-Jump. As the name says, you jump with your legs crossed in an X formation.



Now it's time for the High Step. As you jump, take turns raising each knee towards your chest.



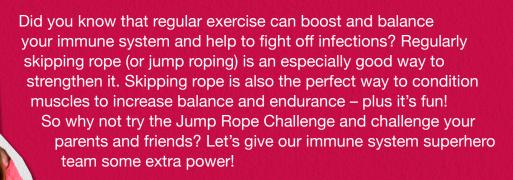
The next jump is the Side Step. Alternate extending each leg, with your heels resting on the ground and toes pointed up.



Let's twist again!
To do the Twister
jump, you press your
knees together and
move them from left
to right or the other
way around.

Hop to Health The Jump Rope Challenge

Can you complete all 5 jumps in a row?



Tip: First learn each skill individually. If you can master each one, try to jump them one after the other. Soon you will be able to perform the Jump Rope Challenge from start to finish!

