



## Skipping Conditioning Program

Optional Skipping warm up	Foot strikes Weeks 1-2	Foot strikes Weeks 3-4	Foot strikes Weeks 5-6
Boxers Skip (Alternate foot-strike)	100	150	200
Single Leg Hops	15L / 15R	25L / 25R	25L / 25R / 15L / 15R
Double Leg Jumps	25	50	75

This program is done in a circuit format – do 1 set of each exercise before returning for the second set. Do 2 to 3 sets in total.

ACADEMY OF SPORT SPEED  
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