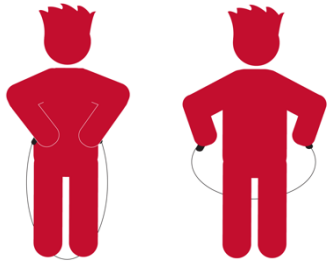


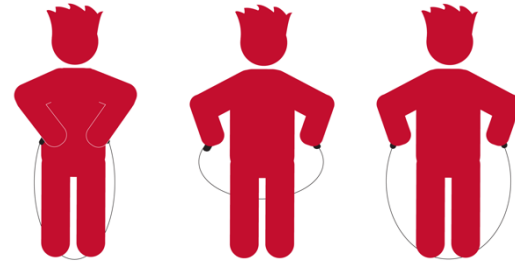
JUMP ROPE PROGRESSION CARD

Level 1



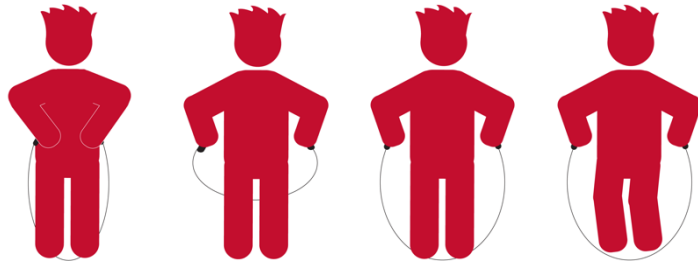
Knuckle Bump + Turn Rope

Level 2



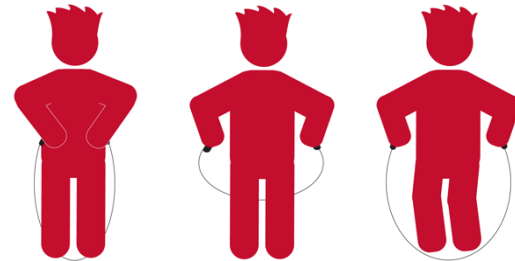
Knuckle Bump + Turn Rope + Trap with Feet

Level 3



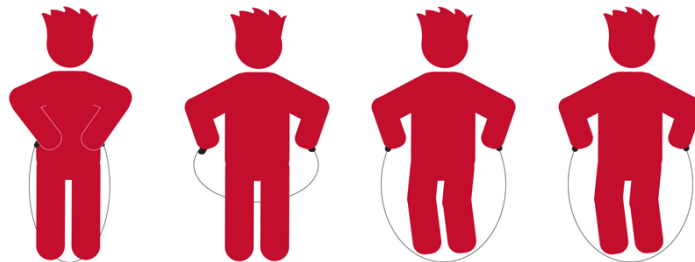
Knuckle Bump + Turn Rope + Trap with Feet + Jump Over Once

Level 4



Knuckle Bump + Turn Rope + Jump Over Once

Level 5



Knuckle Bump + Turn Rope + Jump + Keep Jumping