A dumbbell and several weight plates are positioned on the right side of the image, resting on a textured, grey concrete surface. The dumbbell is oriented vertically, with its handle pointing upwards. The weight plates are stacked on the handle, with some showing the number '15'. The background is a rough, grey concrete wall with some faint, circular marks.

WORKOUT OF THE DAY

Jump Rope HIIT

Jump Rope HIIT

Equipment Needed:

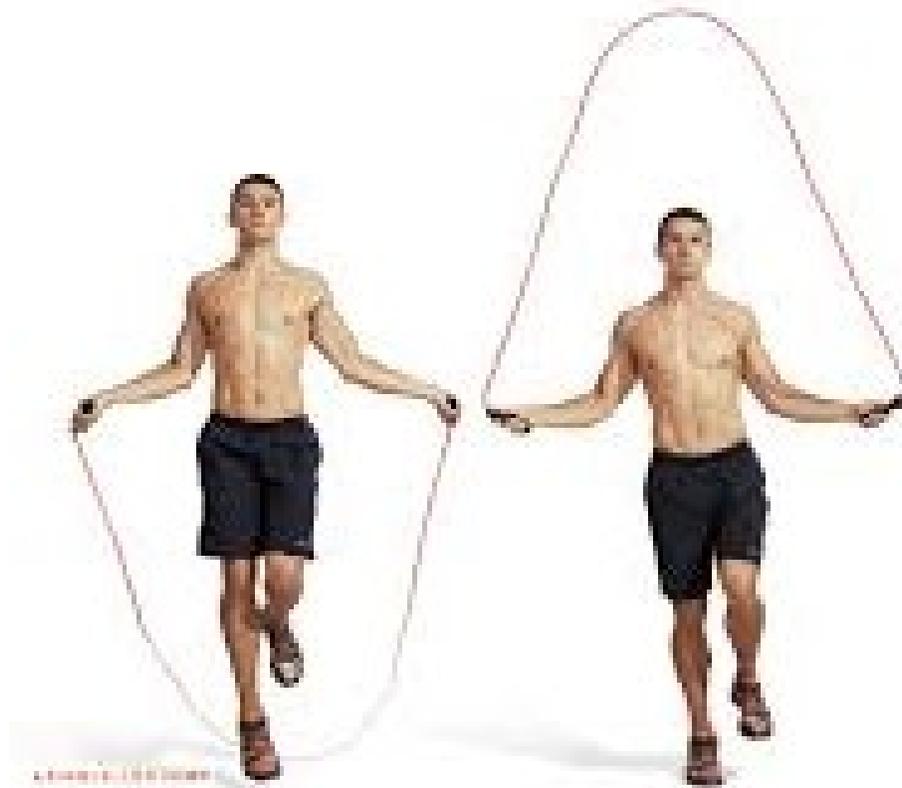
- Skipping rope



Workout:

- Skip on both feet for 10 skips, then shift to your right foot for 10 skips, then your left for 10 skips. Go back to both feet for 9 skips, then right and left for 9 each. Keep dropping a rep until you hit zero.
- 20 Burpees
- 20 Tuck Jumps
- 20 Squats

Repeat 1-4 times

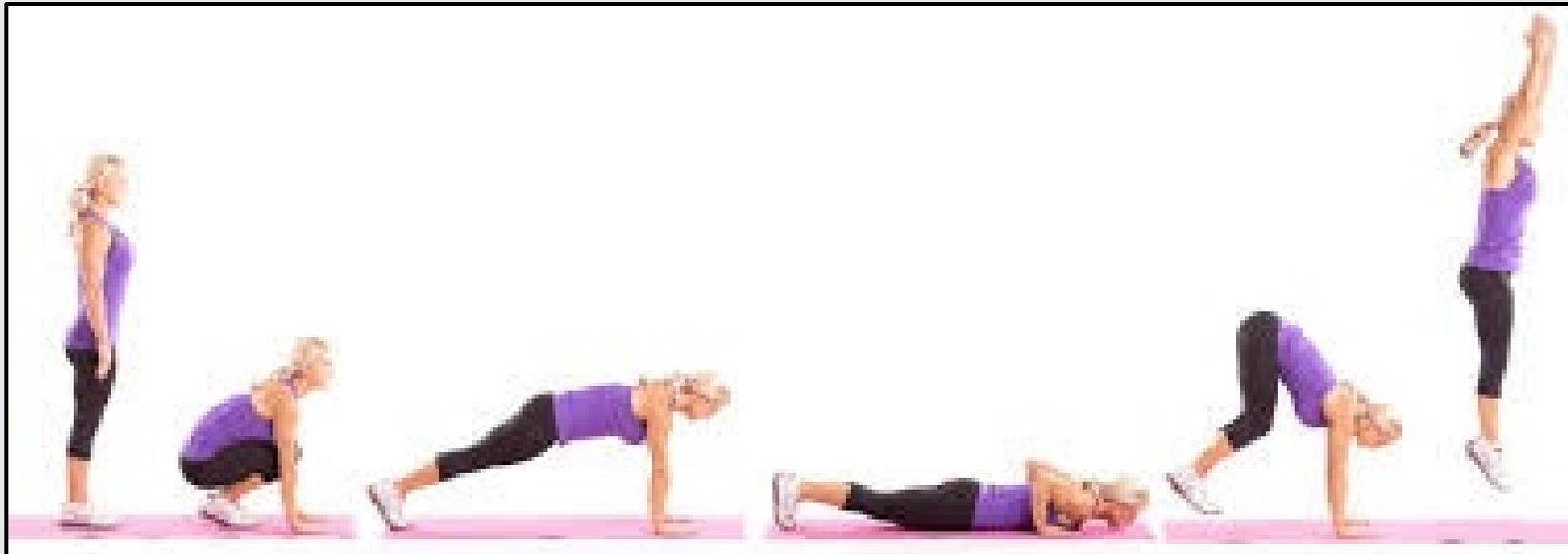


Jump Rope

- Skip on both feet for 10 skips
- Shift to your right foot for 10 skips
- Then your left for 10 skips.
- Go back to both feet for 9 skips
- Then right and left for 9 each.
- Keep dropping a rep until you hit zero.

Burpees

- Begin in a standing position
- Move into a squat position with your hands on the ground.
- Kick your feet back into a hand plank position, while keeping your arms extended.
- Immediately return your feet into squat position.
- Stand up from the squat position.



Tuck Jumps



- Start with your feet apart and your chest up
- Drop your butt back and down
- Drive your arms up and push off the floor
- Lift your knees toward your chest
- Bend your knees as you land to absorb the impact



Squats

- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider.
- Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair.
- Keep your chest lifted and your spine neutral, and do not let your lower back round.
- Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.
- Keep your body tight, and push through your heels to bring yourself back to the starting position. This is one rep.