

## Turn and burn

Jumping rope is the original fat-melting HIIT routine. Now just add this new twist and you'll sculpt sexy muscles, too.

By HANNAH DOYLE



15-minute  
express  
workout

It's an old-school tool, but a jump rope torches more calories—up to 762 per hour—than just about any other exercise equipment. “When you jump rope, every leg muscle has to chip in to propel your weight into the air, which shoots your heart rate and calorie burn way up,” says Marc Santa Maria, the national group fitness director for Crunch gym. “Your core turns on to stabilize you, while your biceps and forearms fire to rotate the rope,” Santa Maria says. That total-body payoff per revolution is the reason he created Rope Burn, a high-octane cardio-strength class that was just launched at Crunch gyms nationwide. To give you a taste of the big benefits, he has condensed the 45-minute class into a power-packed 15 minutes that alternate rope intervals and supersculpting body-weight moves.

Before you start, let's talk about tripping up. Everyone does it. The trick to avoiding it is to fix your eyes on one point in front of you and to keep your pace consistent. Playing an upbeat song can help get you into a rhythm, Santa Maria says. “Even if your feet catch in the rope, don't stop; get right back into it and you won't lose out on any calorie burning,” he says. Nailing your form and moving efficiently will also help: Keep elbows tight to your body and knees soft, and jump just high enough to let the rope pass under your feet. Now you're good to go! Give the treadmill a rest with this fast do-it-all routine. ➔

## YOUR WORKOUT

### INTENSITY

Hard (RPE: 8 or a 9 out of 10)

### TOTAL TIME

15 minutes

### YOU'LL NEED

**A jump rope.** To make sure it's the right size, hold the handles in each hand, step on the rope's center with one foot, then hold the ends up so the rope is taut. The handles should be at shoulder height. (If you need to shorten the rope, you can tie a knot or two at each end below the handle.)

### HOW IT WORKS

Do these moves in order for two and a half minutes each. If you're feeling like a jump rope rock star, go ahead and repeat the circuit for a killer 30-minute session.

### CALORIES BURNED

143\*\*

\*Rate of perceived exertion; see page 159 for chart.

\*\*Calorie burn is based on a 140-pound woman.

Return to plank on palms and do 1 push-up, then rotate into a left-side plank. Continue doing 1 push-up and alternating side planks for 2½ minutes.

### 3 Single-leg double jump

Jump rope for 2½ minutes, alternating 2 hops on your right leg for 1 revolution (do the first hop over the rope, then the second as you wait for it to circle around), then 2 hops on your left leg for 1 revolution.

### 4 Crab-walk touch

*Works shoulders, triceps, abs, obliques, glutes*

Sit on floor with knees bent, feet flat, and palms on floor next to hips (fingers face forward). Press into hands and feet to lift hips to start. Walk hands and feet 1 step to the left, then extend and raise right arm and left leg to meet above hips. Return to start, and walk hands and feet back to center. Switch sides; repeat. Continue quickly alternating sides for 2½ minutes.

### 1 Side-to-side jump

Jump rope, hopping laterally to the right with feet together and knees soft (as if you were hopping over a small object) and landing on balls of feet, for 1 revolution, then immediately hopping laterally to the left for the next revolution. Continue quickly alternating sides for 2½ minutes.

### 2 Push-up side plank

*Works shoulders, chest, triceps, biceps, abs, obliques, glutes, quads*  
Start on floor in plank on palms. Do one push-up (bringing chest to floor), then come into a side plank on right palm, stacking feet and reaching left palm high.

### 5 Staggered-leg switch jump

Jump rope, hopping left foot forward and right foot back for 1 revolution, then hopping right foot forward and left foot back for the next. Continue alternating sides for 2½ minutes.

### 6 Single-leg balance

*Works abs, quads, hamstrings*

Stand on left leg with arms by sides and raise bent right knee to hip level to start. Extend leg straight forward, flexing foot (keep hips square). Hold for 2 seconds. Return to start. Continue extending and bending leg for 1 minute 15 seconds. Switch sides; repeat.

**Get this workout to go.** Download the **Motion Traxx app** (Android and iOS) to hear an audio version of this plan with coaching and beat-matched tunes. New users get five free sessions at sign-up!