

3

BUILD A

3

JUMP

3

3

jump rope move 1

jump rope move 2

jump rope move 3

6

BUILD A

6

JUMP

6

6

jump rope move 4

jump rope move 5

jump rope move 6

9

BUILD A

9

JUMP

9

9

jump rope move 7

jump rope move 8

jump rope move 9

12

BUILD A

12

JUMP

12

12

jump rope move 10

jump rope move 11

jump rope move 12

15

BUILD A

15

JUMP

15

15

jump rope move 13

jump rope move 14

jump rope move 15

18

BUILD A

18

JUMP

18

18

jump rope move 16

jump rope move 17

jump rope move 18