

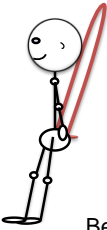
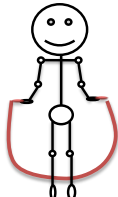


Jump Rope


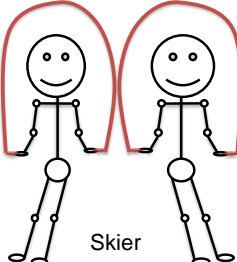





Bell






Basic





Skier

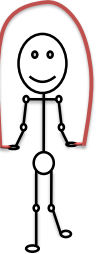
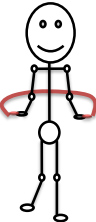









Jump Rope


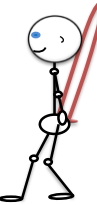






Alternating Foot





Full Twister


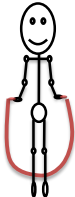



Scissors





Jump Rope









Side Straddle





Wounded Duck

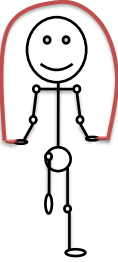


High Knee


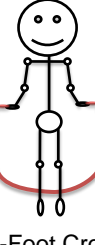



Jump Rope

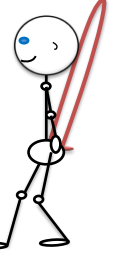
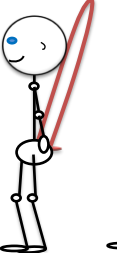
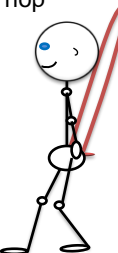




One foot hop



X-Foot Cross



Forward straddle