

RUINATION CROSSFIT

Double Under Progression

Skill set # 1

5 rounds of

200 Jump rope singles

- Must be performed unbroken. Return back to zero if you fumble. Keep track of total number misses and completed rounds.

Skill set # 2

“Baby Flight Simulator”

2-4-6-8-10-12-14-16-18-20 and back down of unbroken double unders

If your feeling saucy try this....

“OPT Flight simulator”

5-10-15-20-25-30-35-40-45-50 and back down of unbroken double unders

- See how far you can get in 15 minutes

Skill set # 3

“Position practice”

3 singles + 1 single with power jump

X 10 sets

3 singles + 1 single with power jump + 1 Double under with power jump

X 10 sets

X 3 sets