

# GREEN ARROW JUMP ROPE WORKOUT ROUTINE



Bonus PDF File  
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# GREEN ARROW JUMP ROPE WORKOUT ROUTINE

## Training Volume:

One Workout

(To Be Repeated)

## Explanation:

Our new [jump rope workouts](#) can be completed in multiple different formats and are extremely easy to scale. They emulate our [Superhuman System](#) training and are incredible for both beginner and advanced users. You can complete them by doing the “Rounds” as sets (and breaking in between), or complete the entire thing as a circuit with no break (while keeping track of your time and looking to improve the next time you do it). You can also scale by dropping the sets, or scaling the movements; as well as adding breaks where needed.

*Also, don't forget to eventually [level up your jump rope and/or speed rope](#) as you progress through these [jump rope workouts](#).*

## Want more like this?

If you want more training similar to this one you can grab our [Jump Rope & Calisthenics 30 Day Superhuman Booklet](#) that is built off the aspects we utilize in our [Superhuman System](#) and revolves around strictly jump rope and calisthenics to level you up!

## Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

## **The Green Arrow Inspired Jump Rope Workout**

**COMPLETE 4 ROUNDS TOTAL:**

**ROUND ONE AND THREE:**

Double Unders x 20

Single Arm Dumbbell Row Left x 10

Double Unders x 20

Chin Ups x 10

Double Unders x 20

Romanian Deadlift x 15

Double Unders x 20

Close to Wide Push Ups x 12

**ROUND TWO AND FOUR:**

Double Unders x 20

Single Arm Dumbbell Row Right x 10

Double Unders x 20

Dips x 15

Double Unders x 20

Dumbbell Side Lateral Raises x 15

Double Unders x 20

In and Out Squats x 10