

# **GON FREECSS JUMP ROPE INSPIRED WORKOUT ROUTINE**



Bonus PDF File  
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# GON FREECSS JUMP ROPE INSPIRED 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](#) and [Core Program](#) 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 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 & traditional pyramid training, straight sets, super sets, progressive overload and more.

## **The Gon Freecss Inspired Jump Rope Workout**

**We're going to call this the Gon and Killua Skip Sequence:**

Side Skip x 5 -> 20 Regular Skips -> 5 Cross Skips -> 20 Regular Skips  
-> 5 Side Skips -> 20 Regular Skips -> 5 Cross Skips

### **COMPLETE 5 ROUNDS:**

Gon & Killua Skip Sequence or Basic Skip x 50

Dumbbell Thrusters x 20

Gon & Killua Skip Sequence or Basic Skip x 50

Burpees x 10

Gon & Killua Skip Sequence or Basic Skip x 50

Single Arm Dumbbell Snatches x 10 each arm

Gon & Killua Skip Sequence or Basic Skip x 50

Inch Worm to Push Ups x 10

Gon & Killua Skip Sequence or Basic Skip x 50

Sit Ups x 20