

# **TIGER AQUATICS SENIOR MAKEUP WORKOUT**

## **Jump Rope Circuit**

### **ABS / CORE / SHOULDER REHAB**

Complete our regular ABS, Core, and Shoulder Strength routines / Complete 2 cycles of the following jump rope circuit (different from our regular jump rope routine)

#### **6 Minute Rope**

3 minutes Medium  
2 minute Medium+  
1 minute **FAST**

#### **1 Minute Break**

#### **“Ariel Rad” Rope Circuit**

:40 Medium / :20 **FAST**  
:30 Medium / :30 **FAST**  
:20 Medium / :40 **FAST**

#### **1 Minute Break**