



SkipFit

Fit For Tennis
Fit For Life

28 Day At Home Workout Program

By: Marisa Johnson





Welcome To The
SkipFit Series

Below You'll Find a Combination of At Home Workouts Ranging from 5-30 Minutes Long. See Your 28 Day Workout Calendar At The Bottom To Establish a Routine!

These Workouts Are Centered Around Jump Roping To Help You Improve Footwork, Stamina, Strength, and Developing The Muscle Groups Most Commonly Used By Tennis Players.

 **Equipment I Recommend Before Starting:**

Adjustable Weighted Cordless Jump Rope



Adjustable Speed Jump Rope



Light Weights

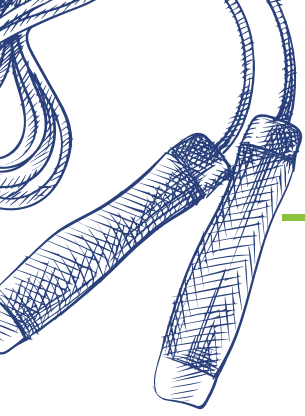


Make Sure You Have A Tennis Racket Too!

 **Disclaimer:**

When joining me for this workout video, you need to take some precautions as your health and safety is the most important. To avoid any injury or harm, you need to check your health with your doctor before exercising. By performing any fitness exercises without supervision like with this video, you are performing them at your own risk. See a fitness professional to give you advice on your exercise form. Marisa Johnson (Rip It Tennis) will not be responsible or liable for any injury or harm you sustain as a result of this video





Welcome To The

SkipFit Series

Below You'll Find a Variety of Workouts, Centered Around Jump Roping, To Help You Improve Footwork, Stamina, Strength, and Developing The Muscle Groups Most Commonly Used As Tennis Players.



Beware of These Beginner Jump Rope Mistakes

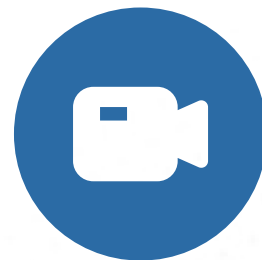
1. Wrists too far apart
2. Hands too low on the handle
3. Jumping too high (you need to do little hops)
4. Have good posture
5. Get into a flow by relaxing (let it go when you make a mistake)
6. Low Quality Rope



20 Jump Rope Moves From Beginner to Advanced

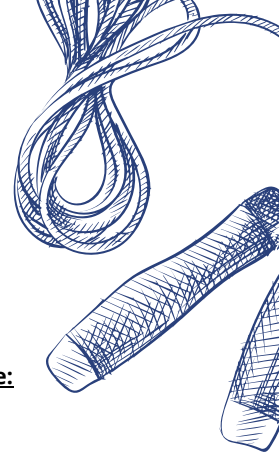
1. Regular (one hop or two)
2. Feet Together Forward and Back
3. Kick Outs
4. Happy Feet w/ One Arm Figure 8 Rotation
5. One Leg Hops
6. Butt kicks
7. Split Steps (Side Straddle)
8. High Knees
9. Skiers (Feet Together & Hop Side to Side)
10. Double Hop on One Leg and Switch
11. Forward Straddle (Split Feet Forward & Back)
12. Agility (Make a Box w/ Feet)
13. Figure 8 Each Side Then Jump
14. Figure 8 While Holding a Lunge
15. Backwards
16. Criss Cross Arms
17. Jump Lunges w/ Rotation
18. Double Rope Hops
19. Squats with the jump
20. Cross jumps... (jumping while having arms crossed in front)

[View Workout Here:](#)





5 Minute Jump Rope Warm-Up Ideas



Stretch Warm Up

1. Lat Stretch (Elbow up)
2. Starfish about 10 times
3. Pivot Unit Turns about 15 each side
4. Hamstring Balance Stretch
5. Bouncy Feet Rotations

[View Workout Here:](#)



On-Court Warm Up

- 20 Shoulder Raises (Stretching w/ Rope)
- 20 Serve Shadow Swings (with Rope and Both Sides)
- 40 Reps of Figure 8's with Hips Facing Forward
- 100 Jumps (5 Sets of 20)

[View Workout Here:](#)



Beginner Jumping Warm Up

1. 50 Feet Together Jumps
2. 50 Alternating Feet Jumps
3. 50 Butt Kick Jumps
4. 25 One Leg Hops (Right)
5. 25 One Leg Hops (Left)

[View Workout Here:](#)



Intermediate Jumping Warm-Up

- 50 Regular jumps
- 50 Kick outs
- 50 One leg double hops (each leg)
- 50 Split steps
- 50 Forward straddle

[View Workout Here:](#)



Advanced Jumping Warm-Up (Mini Workout)

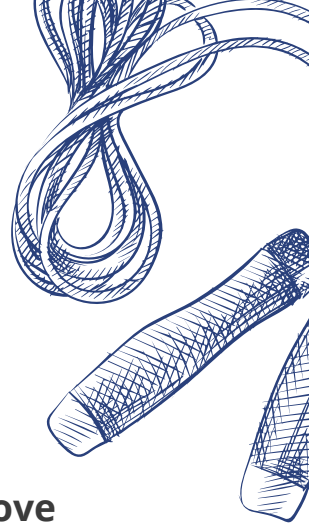
1. 50 Backwards Jumps
2. 50 Ab Twisters
3. 50 High Knees
4. 50 Criss Cross
5. 25 Jump Lunges (Each Leg)

[View Workout Here:](#)





10 Minute Jump Rope Workout For Beginners



Equipment: Jump Rope



Repeat Twice and 10 Seconds Rest In Between Each Move

- 25 jumps
- 15 jumping jacks
- 25 jumps
- 20 side lunges (touch toe, each leg)
- 25 jumps
- 10 push-ups
- 25 jumps
- 20 hip dippers plank
- 25 jumps
- 10 Air Squats

[View Workout Here:](#)



10 Minute Jump Rope Workout For Intermediate



Equipment: Jump Rope



Repeat Twice, 10 Seconds Between Moves

- 40 Butt Kicker Jumps
- 20 Jumping Jacks
- 40 Kick Out Jumps
- 10 Low Lateral Shuffles (Length of Rope)
- 40 Butt Kicker Jumps
- 15 Push-Ups
- 40 Kick Out Jumps
- 20 Plank Side Steps (Left Foot Out, Right Foot Out, Alternate)
- 40 Butt Kicker Jumps
- 15 Jump Squats

[View Workout Here:](#)



Second Round Start With Kick Out Jumps



15 Minute Jump Rope Workout For Advanced

[View Workout Here:](#)



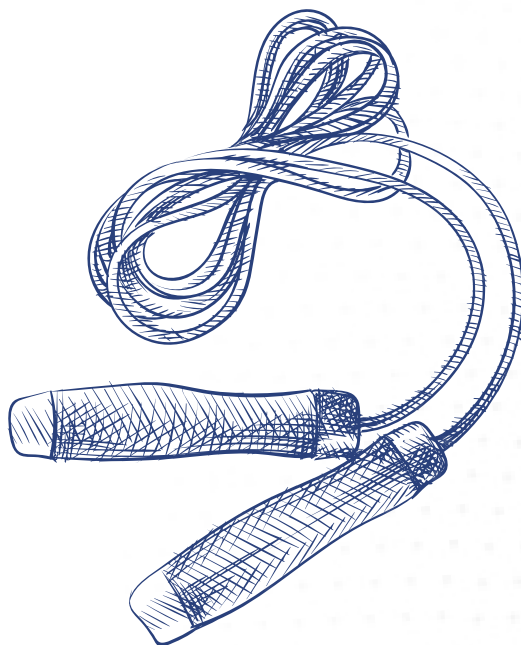
Equipment: Jump Rope



Repeat Twice, 10 Seconds Rest In Between Moves

- 40 One Leg Jumps (20 Each leg)
- 30 Elbow to Knee Drives
- 40 High Knee Jumps
- 10 Footwork to Shadow Swings (Along Length of Rope)
- 40 One Leg Jumps
- 15 Push-Ups
- 40 High Knees
- 20 Plank Up-Downs (Elbows to Hands, Alternating)
- 40 One Leg Jumps
- 10 Pistol Squats (Each Leg)

Second Round Start With High Knee Jumps





SkipFit Workout #1

Glutes & Footwork



Equipment: Your Jump Rope, Racket For Shadow Swings



**(Optional) 6 Rounds, Repeat Twice (Minute Break In Between)
3 Moves in Each Round, 30 Seconds On, 10 Seconds In Between**

Warm-up- 2 Minutes

- Arm Hugs
- Torso Rotations (could use rope)
- Bouncy Feet (could use rope)
- Wide stance air squats with arm circles forward then back
- Side to side lunges

[View Workout Here:](#)



Round 1

- Split step jumps
- Forehand Front Step
- Split step to forehand front step

Round 2

- Split Step Jumps
- Forehand Side step
- Split Step to side step

Round 3

- Split Step Jumps
- Forehand Back Step
- Split Step to Back Step

Round 4

- Split Step jumps
- Backhand Front Step
- Split step to front step

Round 5

- Split steps jumps
- Backhand side step
- Split step to backhand side step

Round 6

- Split step jumps
- Backhand step back
- Split step plus backhand step back



REPEAT TWICE

Cool down

- Wide stance, arms up then back down
- Hamstring stretch down and up
- Sit down, butterflies



SkipFit Workout #2

Upper Body, Serving & Rotation



Equipment Needed: Rope or Rotational Trainers, Tennis Racket, Two Light Weights

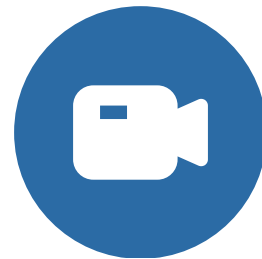


8 Moves, 2 Rounds & 5 Minute Jump Rope Bonus

Warm Up- 2 minutes

- Arm Circles Forwards and Backwards
- Arm Crosses In Front
- Pivot Turns
- Side Lunges
- Shake it out and Let's Get Started

[View Workout Here:](#)



Repeat Twice

45 Seconds Per Move, 15 Seconds Rest

1. Shadow Swings

Make Sure Elbow Gets to 90 Degrees, Get Full Racket Drop & Extension

2. Torso Twists

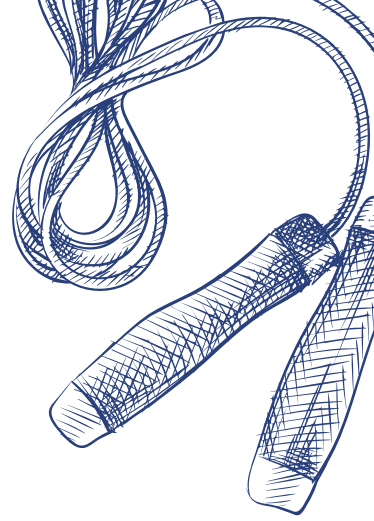
Hold light weight In Front and Twists From Left to Right While Keeping Hips Neutral

3. "L's"

Light Weight in Both Hands, Elbows at 90 Degrees, Rotate Up and Down to Work the Shoulder

4. "T's"

Light Weight in Both Hands, Arms Straight, Bring Up to Shoulder Height, Come Together and Apart Making The Letter T



5. Bent Over Lateral Raises

Light Weight in Both Hands, Neutral Spine & Slight Bend In Knees
Leaning Forward, Lift Weights To Side and Back Down Without
Going Past Shoulder Level

6. Overhead Lateral Line Side Lunge

One Light Weight Held Up Over Head, Lunge To A Side And Lean
Away From The Bent Knee For A Great Lateral Line Stretch

7. Tricep Push-Ups

Plank On Ground and Lower Down and Back Up With Elbows In
Close To Sides

8. Dead Bugs

Light Weight in Both Hands, Flat Back On Ground, Bring Right Hand
To Left Foot and Alternate

5 Minute Jump Rope Bonus

40 Seconds Jumping, 20 Seconds Rest

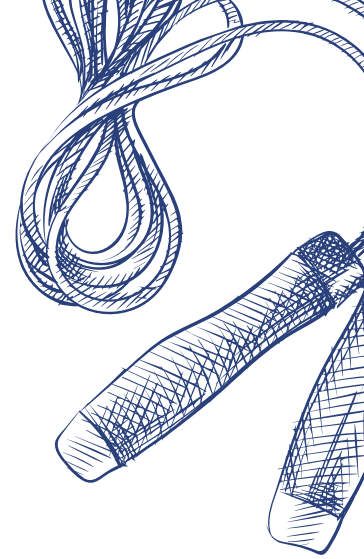
1. Right Arm Figure 8's w/ Happy Feet
2. Left Arm Figure 8's w/ Happy Feet
3. Regular Jumps
4. Criss Cross Arms (Advanced Move)
5. Forward Straddle

Cool Down

1. Arms Over Head and Bend Down w/ Smooth Deep Breathes
2. Tricep Stretch
3. Quad Stretch
4. Calf Stretch



SkipFit Workout #3 Endurance- Full Body



Equipment Needed: Jump Rope

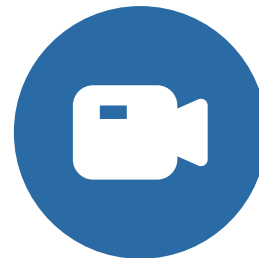


7 Moves, 3 Rounds

Warm Up- 2 minutes

- Arm Circles with Happy Feet
- Frankensteins
- Side Lunges
- Shake it out and Let's Get Started

View Workout Here:



WORKOUT

40 Seconds Per Move, 20 Seconds Rest

1. Hip Flexibility Lunges

Point both toes to one direction in a lunge, shift the hips to lunge in the opposite direction

5. Lateral Hops

Balance on One Foot and Push Off That Foot to Balance on The Other Foot, Back and Forth

2. Mountain Climbers

Plank on Your Hands and Start Running Motion with Your Feet, Keep a Neutral Spine

6. Burpees

Get Down in a Plank, Jump Feet to Hands and Explode Up with a Jump and Back Down

3. Jump Rope

Jump with Two Feet Together or One Foot Alternating

7. High Knee Jumps

Jump Rope While Bringing The Knees Up to the Belly Button with Every Jump

4. Push-Ups

Plank on Hands and Slowly Lower Body by Bending Elbows Close to Ribs, Keep Flat Back



Repeat 3 Times

Cool down

- Arms Over Head and Bend Down w/ Smooth Deep Breathes

- Calf Stretch
- Hamstring Stretch •
- Quad Stretch





SkipFit Workout #4

Core Rotation- Active Recovery



No Equipment, 10 Minutes



7 Moves, 30 Seconds On, 10 Seconds Rest, Repeat Twice

[View Workout Here:](#)



1. All Fours, Upper Body Twists

Hands and Knees On Ground, Neutral Spine, Left Arm Up Then Right and Alternate

2. Lower Banana

Flat Back On Ground, Knees and Feet Up

3. Upper Banana

Flat Back On Ground, Lift Shoulders Up

4. Full Banana

Flat Back On Ground, Lift Head, Shoulders and Feet Off Ground

5. Seated Twists

Lean Back About 45 Degrees, Interlace Fingers and Shift Elbows Side to Side

6. Alternating Jackknives

Lay Flat On Ground, Bring Right Hand To Left Foot Then Left Hand to Right Foot

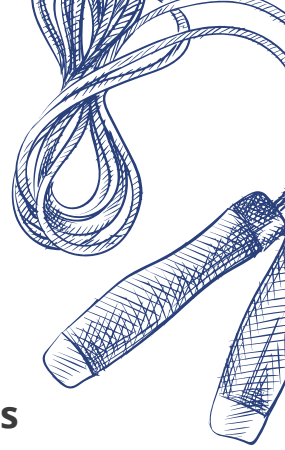
7. Windshields

Flat Back On Ground, Feet Together in Air and Bring From Side to Side



SkipFit Workout #5

Speed & Footwork



Equipment Needed: Jump Rope, 2 Tennis Balls or Objects



6 Moves, 3 Rounds

[View Workout Here:](#)

Warm Up- 2 minutes

- Soft Fast Feet
- Starfish (Toe Touches)
- Soft High Knees
- Rotational Pivots
- Shake it out and Let's Get Started



WORKOUT

40 Seconds Per Move, 20 Seconds Rest

1. Pick Up Feet

Set two balls about a foot apart, pick feet up over the balls back and forth

4. Split Steps Over Line

Feet wider than shoulders and on the toes, moving back and forth over line

2. Figure 8

Move the objects a little further (about 3 feet) and shuffle feet around making a figure 8

5. Cross Step Shuffles

Cross one leg over the other to shuffle in the opposite direction, cross back and shuffle back and forth

3. Lateral Hops

Load from one leg to the other, work on balance and pushing off the outside leg

6. Butt Kicker Jumps

Jumping rope while kicking your butt ;)



Repeat 3 Times

Cool down

- Arms Over Head and Bend Down w/ Smooth Deep Breathes
- Calf Stretch
- Hamstring Stretch
- Quad Stretch



SkipFit Workout #6

Strength



Equipment: Your Jump Rope, Optional: Two Light Weights



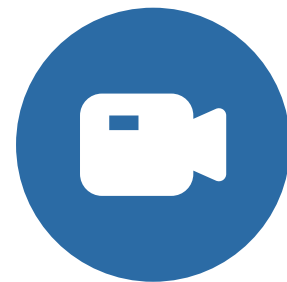
6 Rounds, Repeat Twice (Minute Break In Between)

2 Moves in Each Round, 40 Seconds On, 20 Seconds In Between

Warm Up- 2 Minutes

- Arm Hugs With Happy Feet
- Starfish Bend Down and Touch Opposite Foot
- Side to side lunges

View Workout Here:



WORKOUT

40 Seconds Per Move, 20 Seconds Rest

Round 1

- Air Squats
- Jump Into Squats (From Feet Together to Feet Out)

Round 4

- Supermans
- Push-Ups

Round 2

- "Ts"
- "Ls"

Round 5

- Seated Twists
- Penguins

Round 3

- Static Lunge w/ Right Arm Rotation
- Static Lunge w/ Left Arm Rotation

Round 6

- Regular Jump Rope
- Split Step Jumps



REPEAT TWICE

Cool down

- Wide stance, arms up then back down
- Hamstring stretch
- Calf Stretch
- Arm Stretch



SkipFit Workout #7

Dynamic Stretching- Active Recovery



No Equipment, 10 Minutes



9 Moves, 45 Seconds On, 15 Seconds Rest

[View Workout Here:](#)



1. Child's Pose w/ Reach

Sit on Your Knees and Lean Forward, Reach to Right, Forward Then Left

2. Thread The Needle

In Child's Pose Position, Move Arm Under Opposite Armpit and Alternate

3. Half Kneeling Thoracic Rotation

Forward Lunge w/ Back Knee on Ground, Rotate Upper Body w/ Extended Arms Back and Forth

4. Jumping Jacks

Feet Jump Out as Arms Come Up

5. Squat w/ Thoracic Rotation

Squat Down, Put Right Hand on Ground w/ Left Up in Arm and Alternate

6. Reverse Lunge w/ Twist

Step Back to Lunge, Bring Arms Across and To The Side on Front Bended Knee

7. Inchworm to Upward Dog

Walk Hands Forward Until You're in a Plank, Drop Down to Stretch Chest

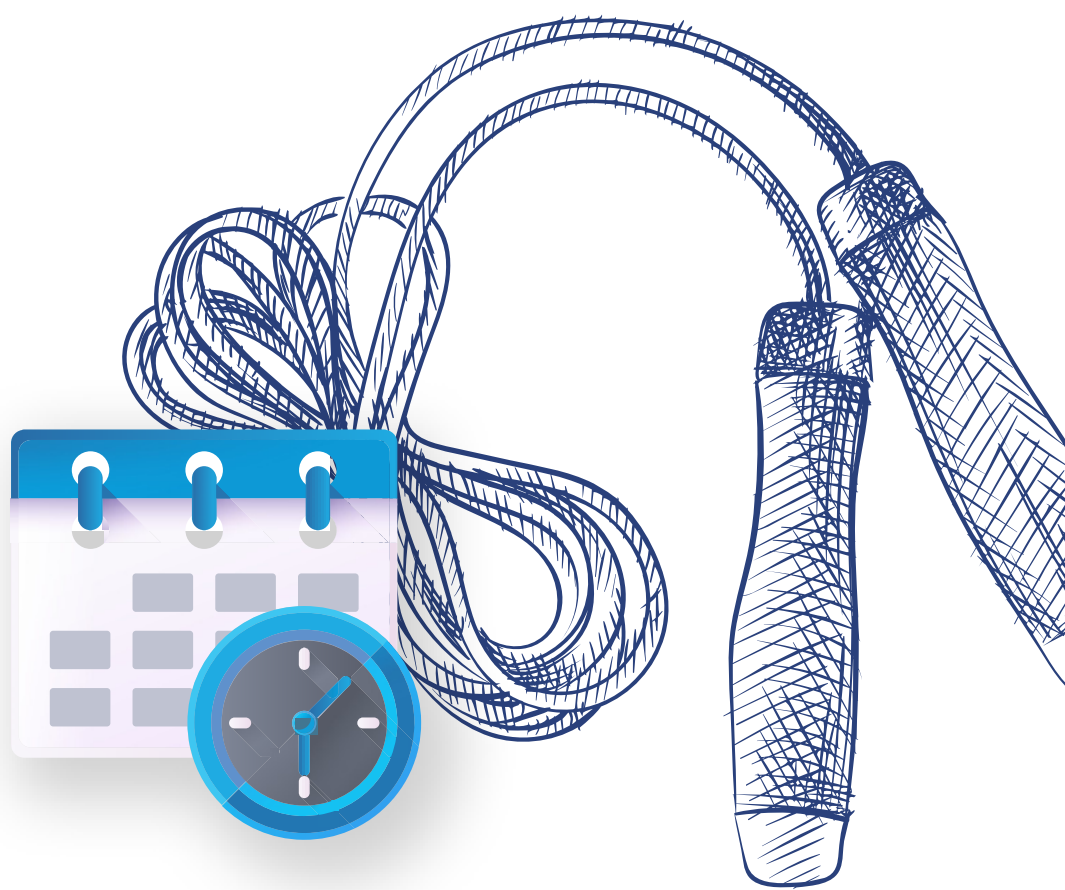
8. Hurdles

Imagine a Hurdle to Your Side, Lift One Leg Over and Back Forward, Alternate

9. Standing Calf & Hamstring Stretch

Kick One Heel In Front and Lean Down To Touch Toe, Alternate

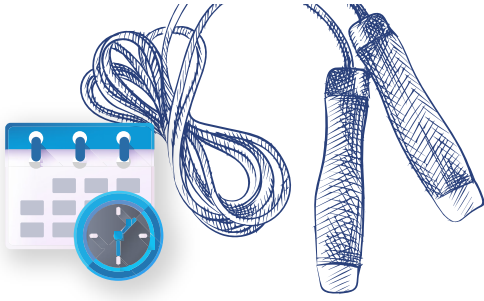




4 Week SkipFit Workout Calendar

Commit To This Program
For 28 Days & Reap The Benefits





4 Week SkipFit **Workout Calendar**

Commit To This Program For 28 Days & Reap The Benefits

WEEK 1 Goal: <i>Roll Out Your Muscles After Each Workout This Week</i>	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
	Glutes & Footwork	Upper Body & Rotation	Endurance	Core Rotation	Speed & Footwork	Strength	Active Recovery	
	WEEK 2 Goal: <i>Eat/Drink Some Type of Protein After Each Workout This Week</i>	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
		Glutes & Footwork	10 Minute Beginner Workout + Upper Body & Rotation	Endurance	Core Rotation + Active Recovery	Speed & Footwork	5 Minute Intermediate Warm Up + Strength	Active Recovery
	WEEK 3 Goal: <i>Drink At Least 100oz of Water Each Day This Week</i>	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
		Glutes & Footwork	Upper Body & Rotation + Core Rotation	Endurance	5 Minute Stretch Warm Up + Core Rotation	Speed & Footwork	10 Minute Workout of Choice + Strength	Active Recovery
	WEEK 4 Goal: <i>Complete the 7 Day Footwork Challenge Along With These Workouts This Week (Found in Your Member's Area or go to 7day.cipitennis.com)</i>	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Day 1 Footwork + Glutes & Footwork		Day 2 Footwork + Upper Body & Rotation	Day 3 Footwork + Endurance	Day 4 Footwork + Core Rotation	Day 5 Footwork + Speed & Footwork	Day 6 Footwork + Strength	Day 7 Footwork + Active Recovery	

Let's Connect:

Share Your Progress and use the hashtag #skipfit



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