

# DENNIS HALL'S 10 MINUTE JUMP ROPE PROGRAM FOR CONDITIONING

- 2 minute warm-up
- P15 seconds hard, 15 seconds easy, for two minutes
- 30 seconds hard, 30 seconds easy, for two minutes
- 45 seconds hard, 15 seconds easy, for two minutes
- 1 minute hard
- 1 minute easy for a cool down

This program can be done after practice to change up conditioning, or it can be done 3x's per week to increase your athletes overall conditioning. You may want to stress this program to your wrestlers if some of them have slow foot work. I used this program regularly when I was training.



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