



Name _____

Jumping Rope Drills Word Search

P C T H Y V L N T I Q B S R O U N D S X
 F Q C T K C W W Y B S N K E E V H R E N
 P I H L L O I A K V G E X S L P E L T F
 A L L A D D E R S B E V C T X M S G S W
 I P O L K M K M C U U C S Y I A L G C M
 X R O E R X Q U A U S Q I T N F Y Q R I
 O O S J G T A P T A I Z Z A T M C F N K
 C G U U I O H Q L A P T V P E X B H M E
 D R T D F R E B M C S W S F R S X E X N
 D E Y K D H C B U X H D J R V Y K W Y R
 N S V J J B I T Q R I I F W A L L T C L
 X S C U D W I X A M S R F Y L H N N S W
 X N F B V O L T A B A T A V S E U V B G
 Q M O G F B H R B V U E S X I R W J L D
 U N Z N X O Y O B Q J R Y Z C M W U B T
 K B H M K P U U C T A D M W O L S Q B O
 G C O A F P S T Q C V S R B N Q D Z K V
 H C E L E N X I D M C N H L L I N Z E J
 W S U U R G A N I B Z G L L H V U L C Q
 K M H M F O P E O G G T Z Q Z P O D M H



Intervals
 Tabata
 Sets
 Pyramids
 Rounds

Ladders
 Circuits
 Bursts
 Cooldown
 Warmup

Reps
 Rest
 Timers
 Routine
 Progress