

Annie — 50-40-30-20-10 (reps)

Double-unders + Sit-ups for time · Time cap: 10-12 minutes · Score: finish time

Workout

- For time, complete:
- 50 double-unders + 50 sit-ups
- 40 double-unders + 40 sit-ups
- 30 double-unders + 30 sit-ups
- 20 double-unders + 20 sit-ups
- 10 double-unders + 10 sit-ups

Movement standards (summary)

- Double-unders: rope passes twice per jump (single-unders count as scale).
- Sit-ups: shoulders pass in front of hips at top; touch ground behind head at bottom.

Scaling options

- Double-unders → 2:1 single-unders, or lateral hops over a line.
- Anchored sit-ups or abmat for comfort; reduce total volume 40-30-20-10-10 if needed.

Scoring

- Score = total time; stop timer when last rep completes.
- If time-cap, record completed reps + 'TC'.

Tips

- Relax grip and keep rope low; breathe through jumps.
- Break sit-ups briefly to avoid blowing up mid-sets.
- Warm ankles/calves; keep transitions fast.