**Skipping**

**Equipment**: Jump rope

**Instructions:**

1. Hold the rope with your hands at hip level.
2. Rotate your wrists to swing the rope while jumping.
3. Jump with both feet simultaneously.
4. Repeat until you complete the desired number of repetitions.

**Key Tips:**

* Posture: Keep your shoulders relaxed, upper body straight, and knees slightly bent.
* Jumping Technique: Focus on jumping on the balls of your feet rather than your heels, and aim for smaller, quicker jumps to maintain rhythm.
* Breathing: Breathe deeply and naturally while keeping a steady pace throughout your skipping routine.