

Jump Rope Challenge

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

ARMWRAP
CANCAN
DOUBLEDUTCH
FROG
SIDESWING
STRADDLE

BACKWARD
CRISSCROSS
DOUBLEUNDERS
PUSHUP
SKIER
TRIPLEUNDER

BELL
DOUBLEBOUNCE
FREESTYLE
SCISSORS
SPEED
TWISTER