



## How to Do Double Unders – A Comprehensive One-Pager

### Deconstruction and Selection

The double-under consists of many micro elements, but can be deconstructed into two key movements - **the jump**, and the **rope turn**. Learn to master these, and you can do double unders at a highly effective level.

### Sequencing

Eliminate the failure point of creating poor form by learning these two key movements individually before trying to combine them together.

- First, learn to jump without a rope.
- Then, learn to spin the rope without jumping (use speed balls from Again Faster Equipment or make your own)
- Finally, combine them together to perform double unders

### Stakes

- Set up a challenge for yourself – Ex. 10,000 double unders in 30 days, or 5,000 in 30 days, or 100 a day. Anything that motivates you is great.
- Do the flight simulator WOD to make double unders more fun
  - 5, 10, 15, 20, 25, 30, 35, 40, 45, 50, 45, 40, 35, 30, 25, 20, 15, 10, 5, all unbroken, rest after each. If you trip up, start the set over.

### Tips:

- Keep your elbows in. Use your wrist to flick the rope. Grip the rope in your fingers for a better flick.
- Make sure to keep your hands out in front of your body for an easier flick.
- Try to stay in one spot to minimize errors. It helps to draw a one foot circle on the ground with chalk.
- Land on the balls of your feet. Make sure you tap your heels with each jump
- Relax and breathe. Tension is bad for double unders.
- ALWAYS stretch before and after. A foam roller works wonders for your calves and quads.
- Double knot your shoes. Enough said 😊

This is a comprehensive one-pager from the full post of the 10,000 Double Under Challenge on AcademySuccess.com

The full post can be found here - <http://academysuccess.com/DU>