



DOUBLE-UNDER PROTOCOL

5 weeks • 3 sessions per week • Bounding + technique

TECHNIQUE CUES: RX SMART GEAR

START HERE

SETUP AND CORE CUES

ROPE AND HANDS

- **Rope length:** your height plus 2.5 feet to start. Never longer than height plus 3 feet. If you feel you need a much longer rope, your hands are probably in the wrong spot.
- **Hand position:** anchor your hands at the center of your body, between the hip crease and hip bone. Slight bend in the arms, elbows pulled back behind the shoulders, thumbs turned outward.
- **Motion:** elbows drive, wrists guide. Flick the rope like flicking water off your hands. Keep shoulders and traps quiet.

JUMP AND BODY

- **Height beats speed.** Most missed double-unders come from jumping too low, not turning too slowly. Do not whip the rope faster to fix misses. Jump higher and turn slowly.
- **Target:** bound high enough to tap a mark 6 to 8 inches above your head.
- **Position:** head neutral, eyes forward or down about 45 degrees. Core tight, legs straight and under you, hollow-rock shape so the legs do not pike forward.
- **Landing:** toes pointed down, soft knees, and rebound straight back up the moment the toes touch.
- **Rope contact:** graze the ground about a shoe length in front of your toes. Light contact, no extra friction.

Rule for the whole protocol: if the rope is missing, fix the jump first. Bound higher, slow the rope down, then add speed last.

EVERY SESSION LOOKS LIKE THIS (15 TO 20 MINUTES)

BLOCK	WHAT TO DO
1. Warm-up	2 min easy single-unders, 10 ankle bounces (pogos), 10 wrist circles each direction.
2. Bounding	The bound with no rope. Jump up through the toes and tap the target 6 to 8 inches above your head. Reps listed per week.
3. Main work	Technique drills and double-under attempts listed per week. Quality over volume. Stop a set when form breaks.
4. Cooldown	1 min easy singles, calf and ankle stretch, shake out the forearms.

SCHEDULE AND PROGRESS RULES

- Train 3 days a week with at least one rest day between sessions (for example Mon / Wed / Fri).
- **Move on from a week only when you hit most of the clean reps.** If less than half your sets are clean, repeat that week.
- Count only clean reps. A set with a miss does not count as a made set.

WEEK 1: FIND THE BOUND

Goal: Learn the jump with little or no rope. Establish your benchmark.

SESSION	BOUNDING	MAIN WORK
Day 1	5 sets of 10 bounds to the target. Rest 30 sec.	Penguin taps: 4 x 10. Jump and tap the sides of your thighs twice in the air. High singles: 4 x 30 sec, rest 30 sec. Benchmark: 2 max tries, record the best unbroken double-unders.
Day 2	5 x 10 to the target.	Penguin taps 5 x 10. High singles 4 x 30 sec. Just try one: 10 attempts from a standstill, jump high, turn slowly. Log your makes.
Day 3	4 x 12 to the target.	Penguin taps 4 x 12. Attempts: 3 rounds of 10 attempts at one double-under. Rest as needed. Goal: 3 or more clean singles in a round.

WEEK 2: GET THE FIRST ONES

Goal: Land single double-unders on demand.

SESSION	BOUNDING	MAIN WORK
Day 1	3 x 10 to the target.	Penguin taps 3 x 10, quick rhythm. EMOM 6: each minute attempt 5 double-unders. Log makes.
Day 2	3 x 10 to the target.	EMOM 8: each minute attempt 2 double-unders in a row (1 if that is your limit). Then 2 x 1 min high singles.
Day 3	3 x 10 to the target.	Get strung: 6 sets, try to chain 2 in a row. Rest 30 sec. Finish with 2 min easy singles.

WEEK 3: CHAIN THEM TOGETHER

Goal: Build strings of 3 to 5 with a high, relaxed jump.

SESSION	BOUNDING	MAIN WORK
Day 1	2 x 10 to the target.	Chains: 8 sets, aim for 3 in a row. Rest 30 sec. Slow rope, high bound.
Day 2	2 x 10 to the target.	EMOM 10: each minute 3 to 5 double-unders. After a miss, take easy singles for the rest of the minute.
Day 3	2 x 10 to the target.	Ladder: 2-3-4-5-4-3-2 reps. 30 sec rest between rungs, 1 min of singles between rounds if needed.

WEEK 4: BUILD CLEAN SETS

Goal: Own sets of 5 to 10 without breaking.

SESSION	BOUNDING	MAIN WORK
Day 1	2 x 10 to the target.	10 sets of 5 unbroken, rest 30 sec. Only clean sets count.
Day 2	2 x 10 to the target.	EMOM 10: each minute 8 double-unders. If you miss, finish the minute with singles.
Day 3	1 x 10 to the target.	Pacing: 5 slow double-unders into 5 fast ones, 6 sets, rest 45 sec. Keep the jump height the same on the fast reps.

WEEK 5: TEST AND OWN IT

Goal: Show the work. Re-test your benchmark.

SESSION	BOUNDING	MAIN WORK
Day 1	1 x 10 to the target.	String together: sets of 10 unbroken, 100 total. Only full sets of 10 count. Scale to sets of 5 if needed.
Day 2	1 x 10 to the target.	Unbroken ladder: 5, 10, 15, 20, 25, then back down. Add 30 to 50 if it is moving well. Break and you restart the rung.
Day 3	1 x 10 to the target.	Re-test: warm up, then 2 max tries, record the best unbroken double-unders. Compare to Week 1, Day 1.

TROUBLESHOOTING

PROBLEM	LIKELY CAUSE	FIX
Rope hits the feet	Jumping too low	Go back to the bound drill. Tap the 6 to 8 inch target every rep.
Rope turns but feet kick forward	Piking, loose core	Hollow-rock shape, legs straight under the hips.
Shoulders burn out fast	Hands too far out, shoulders driving	Reset hands at the hip crease. Elbows drive, wrists guide.
Rope feels too slow or too fast	Rope length or whipping the rope	Check height plus 2.5 ft. Slow the rope, raise the jump.
Stuck at 2 to 3 reps	Rushing the second turn	Penguin taps, then 1 more clean rep at a time with a high bound.

BENCHMARK LOG

TEST	DATE	MAX UNBROKEN
Week 1, Day 1		
Week 3, Day 3 (optional)		
Week 5, Day 3		

Credit: technique cues and drills (bound target, penguin taps, hand position, rope length, practice formats) come from RX Smart Gear. The weekly layout and rep counts are a programming plan built around them.