Above the Rim

Date	Rope Skipping					Bench Jumps				Stair Jumps					X Jumps		Jumps	
Month / Day	Both	R & L	Right	Left	Double	Set 1	Set 2	Set 3	Set 4	1 Step	2 Step	3 Step	Right	Left	Set 1	Set 2	Set 1	Set 2

Standing Vertical: _____ Date: _____ Standing Vertical: _____ Date: _____ Standing Vertical: _____ Date: _____