

# 12 Best Jump Rope Jams: January '18

Your Fitness DNA LOVES jump rope workouts for cardio. Music helps you keep a steady jump rope pace. Here are my go-to songs for January. Stay inspired!

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## Warm Up/Extended Skip

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- Super Bad, Pts. 1 & 2 - James Brown & The J.B.'s
  - Tom Ford - Jay Z
  - MotorSport - Migos, Nicki Minaj & Cardi B
  - Thinking About Your Body (Louie Vega Mix) - Josh Milan
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## Steady Skip/High Knees

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- Throw Sum Mo - Rae Sremmurd feat. Nicki Minaj
  - 7/11 - Beyonce
  - Work It Out - Karizma
  - Work Hard, Play Hard - Wiz Khalifa
  - Play Hard - David Guetta feat. Ne-Yo & Akon
  - Big Pimpin' - Jay Z & UGK
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## Fast Skip/Cardio Challenge

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- N\*\*\*as in Paris - Jay Z & Kanye West
  - Viva el Merengue - Oro Solido & Raul Acosta
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**Try the 14-Day Jump Rope Challenge and track your progress! <http://checkli.com/s/59d0f8f9d2a5c>**

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