

# 45 Minute Workout: Row & Rope Playlist

Workout playlist for rowing and jumping rope. If you like a good beat, the recommendations will keep you skipping at a great burn rate and rowing at up to 35 strokes per minute. Slow down anytime you want (never suddenly stop--always keep your feet moving and head above your heart) as you're building your stamina and endurance. And of course, sip water!

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## Jump Rope Warm Up: Slow Skip (2:10)

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Da Rockwilder - Method Man & Redman

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## Row Warm Up (4:00)

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Dangerous - Kardinal Offishall (feat. Akon)

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## Jump Rope 1 (5:00)

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Holding On - Disclosure (feat. Gregory Porter)

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## Row 1 (4:30)

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Kryptonite - Big Boi

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## Jump Rope 2 (3:50)

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No Flex Zone - Rae Sremmurd

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## Row 2: Recovery Row (3:30)

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Get Busy - Sean Paul

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## Jump Rope 3: Extended Skip (5:30)

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Hung Up - Madonna (5:30)

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## Row 3: Power Pull (4:00)

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Throwback - B.o.B. (feat. Chris Brown)

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### **Jump 4: Cardio Blast (3:55)**

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Johnny - Yemi Alade

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### **Row 4: Recovery Row (4:00)**

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Love Lockdown - Kanye West

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### **Bonus Row or Skip (OR COOL DOWN, never neglect a cool down/stretch!) (3:30)**

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Ballin Out - 2 Chainz & T.I.

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