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!



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

- [ ] Da Rockwilder - Method Man & Redman

Row Warm Up (4:00)

- [ ] Dangerous - Kardinal Offishall (feat. Akon)

Jump Rope 1 (5:00)

- [ ] Holding On - Disclosure (feat. Gregory Porter)

Row 1 (4:30)

- [ ] Kryptonite - Big Boi

Jump Rope 2 (3:50)

- [ ] No Flex Zone - Rae Sremmurd

Row 2: Recovery Row (3:30)

- [ ] Get Busy - Sean Paul

Jump Rope 3: Extended Skip (5:30)

- [ ] Hung Up - Madonna (5:30)

Row 3: Power Pull (4:00)

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

Jump 4: Cardio Blast (3:55)

- [ ] Johnny - Yemi Alade

Row 4: Recovery Row (4:00)

- [ ] Love Lockdown - Kanye West

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

- [ ] Ballin Out - 2 Chainz & T.I.

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