**Cues:** ready • set • go • jump • jump • jump

**Steps:**
1. Partners stand shoulder-to-shoulder, facing forward, each holding his or her own rope.
2. The partners exchange inside rope handles so that each holds one handle of his partner’s rope and one handle of his own rope.
3. One partner calls “Ready, Set, Go.” Both swing the ropes up together on “Go” and jump in unison.
4. Partners keep jumping together with single or double bounces.

**Tips:**
- Use regular-length single ropes.
- Stay close together.
- Both partners should turn the rope at the same speed.
- A double bounce is much easier for partners than a single bounce.
- Also practice from the other side.