

# JUMP ROPE

## WORKOUT CHART

JUMP ROPE ALTERNATING JUMP



1

JUMP ROPE BOXER JUMP



2

JUMP ROPE FEET TOGETHER



3

JUMP ROPE SINGLE LEG JUMP



4



**JUMPING ROPE** is a great cardiovascular workout and can be fun as well. It not only trains the heart, but it helps with muscle endurance, coordination, balance, stability, and explosion. The primary muscles that are being trained are the shoulder muscles, forearms, calves, and quadriceps. The quick explosive movements are the main feature of why jumping roping is so successful. Bruce Lee once said that jumping rope for 10 minutes is comparable to running for 30.

### TIPS FOR JUMP-ROPING

1. Speed it up to increase the heart rate and burn more calories.
2. Jump rope before breakfast to increase fat loss, this allows the energy to be burned from fat rather than food.
3. Don't just jump with both feet, switch between the left and right.
4. Try to jump rope for 30 minutes a day for three days a week.
5. Supplement jump-roping with push-ups.
6. Try to double jump (jump high enough to swing rope twice before landing).
7. Try a heavy rope instead of a light one (this helps increase upper body muscle endurance).

***If you can not make it all the way through, do what you can and slowly work your way up!!***