

Might As Well Jump...

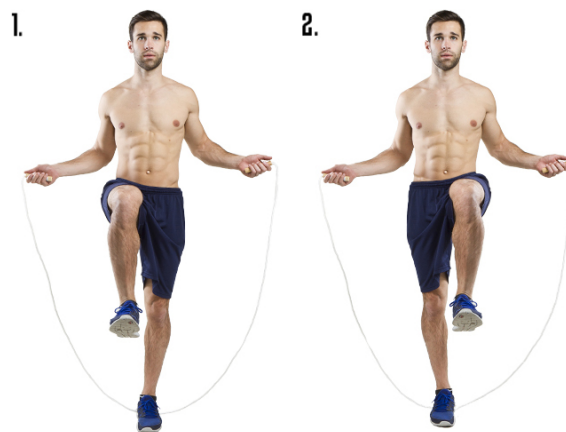
Jumping rope is a greate way to ramp up your fitness routine. The only effective fitness routine is one that you can actually follow several times a week. You don't even need a gym to experience the benefits of a regular rope-jumping workout. It's quick, fun, inexpensive and portable. Kick start your metabolism and burn calories by following this basic jump rope checklist:

- 1) Maintain your balance by looking straight ahead.
- 2) Maintain an upright posture.
- 3) Maintain your weight on the balls of your feet.
- 4) Jump only high enough to clear the rope (approx. 1 inch off the ground).
- 5) Land lightly on the balls of your feet.
- 6) Keep your elbows near your sides.
- 7) Maintain your elbow joints at a 45-degree angle.
- 8) When turning the rope, make 2-inch circles with your wrists.
- 9) Do not sacrifice good form for speed.



Bounce Step

- Jump with both feet approx. 1 inch off the floor.
- Land lightly on the balls of your feet.
- Do not let your heels touch the ground on landing.
- Master the bounce step before attempting the alternate-foot step.



Alternate Foot-Step

- Instead of jumping with both feet at once, alternate your feet as if running in place.
- Be sure to raise your knees to the front.
- Jump a little higher than 1 inch off the floor.
- Stay on the balls of your feet.

Now get jumping!