Might As Well Jump...

Jumping rope is a great 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!