

JUMPING ROPE

don't skip the benefits!

Ah ... the childhood memories of jumping rope at recess. Many of us moved on as we got older, yet jumping rope isn't just for kids. It's a fun, heart-pumping workout you can do at any age that's an excellent workout for your legs too. It's also a piece of gym equipment that's accessible and affordable. No expensive and bulky equipment necessary!

HOW TO JUMP ROPE

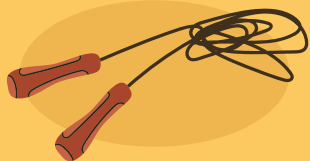
If it's been a while since your playground days, here's a refresher:

- Grab the ends of the rope in each hand.
- Place the rope on the ground in front of you.
- With both hands, flip the rope and swing it over your head.
- Jump as it passes underneath you, landing lightly on your feet.
- Remember to keep a slight bend in your knees and arms close to your ribs.
- The wrists do most of the work while the shoulders remain steady and upright.
- Keep going; you've got this!



CHOOSING THE BEST ROPE FOR YOU

Believe it or not, one-size jump rope does not fit all. To ensure your rope is appropriately sized for you, stand on the rope's center and raise the ends (one in each hand) to your sides. Your rope should be even and armpit length. If the length needs adjusting, wrap the extra cord around your palms or tie knots under the handles.



THE BENEFITS

EASY CARDIO A lot is happening in a short amount of time. As soon as you start, your heart rate elevates quickly, your leg muscles move, your core stabilizes upon liftoff and landing and your brain coordinates the repetitive movements.

A GREAT WARMUP If the thought of jumping rope for thirty minutes doesn't make you leap for joy, try it as a warmup. A recent study found that of 96 endurance runners, those who added jump rope to their routine doubled their time reduction in a 3K versus those who did not.

BUILDS BONE DENSITY The stress of jumping and landing on the bones strengthens the connective tissue around them. Building stronger leg muscles means stronger bones. Positive stressors on the body—like jumping rope or lifting weights—reduce your osteoporosis risk.

IMPROVES COORDINATION, AGILITY AND BALANCE The rhythm and methodical motions required to jump rope improve hand-eye and foot spatial coordination. Your agility and durability in day-to-day movements and developing more core strength mean better stability.

TAKE IT ON THE ROAD If you travel a lot for work, jump ropes are light, portable and fit easily into a carry-on. Take it to the hotel gym or go for a skip-walk through the great outdoors. In other words, there's no excuse for not taking your workout with you wherever you go.