

Jumping Rope Workout

Warm-up

One minute of swinging the rope: Hold the handles in one hand and swing the rope in a figure-eight pattern.

14 Minute Workout

- Two minutes of two-footed jumping, then one minute of just swinging the rope.
- Two minutes of two-footed jumping, hopping forward and then back; then one minute swinging.
- Two minutes of running jumping, then one minute of swinging.
- Two minutes of two-footed jumping, then two minutes of swinging.
- Two minutes of two-footed jumping.



The Perfect Jump:

What it does: Strengths calves, thighs, shoulders, back, abs, and arms

How to Do It: Hold the handles at hip height. Bend your knees slightly and jump over the rope with both feet. Land on the balls of your feet, with a slight bend in your knees, and lower your heels briefly.

The Running Jump:

Lift one foot at a time, tucking the other foot up behind as you jump.

Please don't overdue your physical activity, especially if you are just getting back into it. Start small and work your way up to the 14-minute workout. For starters, try a 5-minute workout and then move up to 10. When you feel ready, "jump" right into the more strenuous workout.