Jumping Rope: Just Skip It  Annotated  By Carol Krucoff

An unparalleled all-around workout, rope jumping strengthens the heart, muscles and bones, promotes leanness and improves agility, coordination, timing, rhythm and explosive power on both sides of the body.

Jumping rope has become an integral part of many kinds of fitness classes, including cardio-kickboxing classes and boot camp workouts. Fifteen minutes of jumping rope burns about 200 calories, with some variation depending on how fast you go and how much you weigh. Despite concerns that jumping rope is hard on the joints, it’s easier on the knees and hips than running, since you land on the balls of your feet so the calves and shins absorb and control the impact.

Jumping Rope for 15 Minutes Burns 200 Calories

While you can get a decent workout with a length of clothesline, a good jump rope won’t cost much. Many experts advise fitness jumpers to use a beaded rope. These ropes are made of cloth or nylon and covered by plastic "beads" that give it a satisfying weight and sound as it hits the ground.

Choosing Your Jump Rope and Rope Jumping Tips:

Be sure your rope is the right length. When you step in the center, the handles should just reach your armpits.

- Wear a good pair of aerobic or cross-training shoes. Jump to music that has 120 to 135 beats per minute.
- Avoid concrete or hard tiles and jump on wooden floors, rubber tiles or low-nap carpeting.
- Keep shoulders relaxed and elbows in close to your body.
- Don’t jump too high — unless you’re doing tricks. And turn the rope with your wrists, not your arms.
- Warm up with 5 to 10 minutes of light activity, then stretch gently before jumping.
- Start by alternating brief periods of jumping with resting moves, such as turning the rope alongside your body without jumping. Over time, do fewer resting moves and more jumping. Your goal is to jump continuously for at least 15 minutes.
**Jumping Rope: Just Skip It**  
Name___________________________ Pd. _____  
By Carol Krucoff

1. Rope jumping strengthens the ____________, ______________ and __________.
2. Rope jumping also promotes _______________ and improves ________________, coordination, timing, rhythm and explosive __________ on both sides of the body.
3. _____ minutes of jumping rope burns about _____ calories.
4. Jumping rope is easier on the knees and hips than ________________. You land on the balls of your feet so the ____________ and ____________ absorb and control the impact.
5. Many experts advise fitness jumpers to use a ______________ rope, which typically sells for less than $15.00.
6. When measuring your rope for proper length, step in the ____________. The ________________ should just reach the armpits.
7. Wear a good pair of ________________ or cross-training shoes.
8. If using music, jump to music that has _______ to _______ beats per minute.
9. When jumping avoid ________________ or hard tile floors.
10. Jump on _____________ floors, rubber tiles or low-nap ________________
11. Keep shoulders ______________ and elbows __________ to your body.
12. Turn the rope with your ____________, not your arms.
13. Warm up with _________ minutes of light activity, then ______________ gently before jumping.
14. Start by alternating brief periods of _______________ with ______________ moves, such as ________________ the ________ alongside your body without jumping.
15. Over time, do fewer ________________ moves and more jumping.
16. Your goal is to jump ________________ for at least _______ minutes.