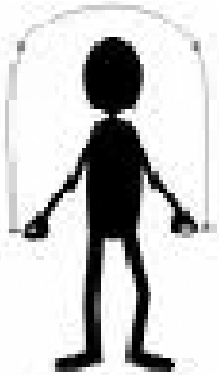




JUMP ROPE CUES



1. Look straight ahead
2. Use wrist to turn the rope
3. Keep hands near waist level
4. Grip the handles with a loose grip (use the thumb and index fingers)
5. Jump 1-2 inches off the ground



Jump Rope Cues

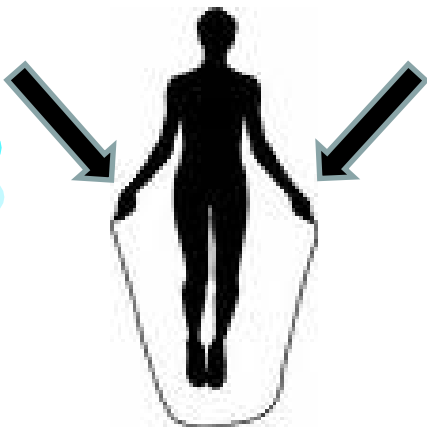
Use wrist to
turn the
rope



Every Jump
Counts

Jump Rope Cues

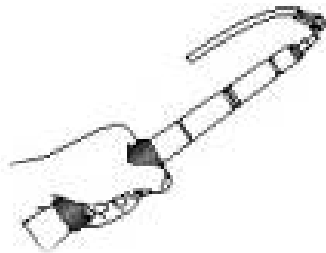
Keep hands
near waist
level



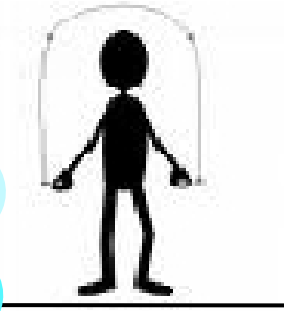
Jump Rope Cues

Grip the
handles with a
loose grip

(use the thumb
and index
fingers)



Jump Rope Cues



Jump 1-2
inches off
the ground