

JUMP ROPE CUES

- 1. Look straight ahead and shoulders relaxed
- 2. Use the wrist to turn the rope
- 3. Keep hands near waist level
- 4. Grip the handles with a loose grip (use thumb and index fingers)
- 5. Jump 1-2 inches off the ground
- 6. Land on balls of the feet
- 7. Land with knees slightly bent

