

R  
E  
A  
D  
Y

## Does your rope fit?

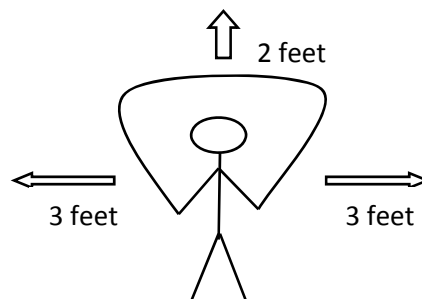
➤ Feet shoulder width apart and pull the handles to shoulders

## Are you holding both handles?

S  
E  
T

## Do you have a Good Self Space?

➤ Two arms length away from another jumper



J  
U  
M  
P

Have Fun and Respect Others!