

JUMP ROPE

Why exercise using a jump rope?

Jumping rope is a high-impact activity that requires coordination, balance, and endurance. Jumping rope is an activity that can increase aerobic endurance, muscular endurance, speed, agility, explosiveness, and dynamic balance (Lee, 2003). The whole body can be engaged with daily jump roping. Depending on one's jumping pace, an individual can burn an estimated 11 calories per minute and jumping rope for 10 minutes has similar cardiovascular benefits as jogging for 30 minutes (Hyperformance Jumping, n.d.). When you jump rope, you can choose your own speed and/or pace when jumping. For example: you can choose how fast and at what rhythm you wish to jump.

How to select the right rope for you?

There are three measurements (standard, chest, and lower rib cage) when measuring for the correct jump rope length. To measure for the standard measurement, stand feet shoulder width apart and pull the handles of the rope up to the shoulders. If the handles go beyond the shoulders the rope is too long. The table provides generic rope lengths based on height.

Height	Rope Length
4'0" - 4'9"	6'
4'10" - 5'3"	7-8'
5'4" - 5'10"	9'
5'11" - 6'6"	10'
6'6" +	11'

How do you jump rope?

First, you need to be able to efficiently jump the basic and alternating foot moves before progressing to other moves/tricks. These two moves are the foundation for other jump rope tricks.

An efficient jumping motion means:

1. jump so you are 1-2 inches off the ground
2. keep your hands near your waist
3. land on the balls of your feet

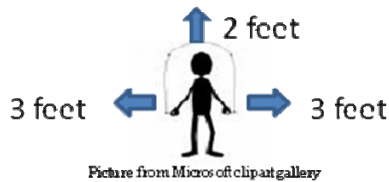
The sequence below will help you find success when jumping rope.

1. Lay the rope on the ground and perform the move while jumping over the rope.
2. Complete a side swing with the rope while performing the jump rope move.
3. Reduce the speed of the rope while performing the move.
4. Jump more than once each time the rope passes under the feet.

Safety

When including jump rope as a component of an exercise program, make sure to only include jump rope for 10 minutes or less to gain maximum benefits. Below are guidelines to help create a safe environment when jumping rope.

1. Does your rope fit? (look to the section on selecting the right rope)
2. Grasp both handles using thumb and index finger then wrap the other fingers around the handle.
3. Make sure you have good self space before jumping. Look at the picture below for guidance.



How to create a jump rope exercise routine?

Before creating a routine, you should be able to jump the basic and alternating moves for 30 seconds continuously. After efficiently performing the basic and alternating foot moves, select four jump rope moves/tricks. Arrange the exercises from 1 to 4. Perform each move then progress on to the next move/trick. Do not worry about time or number of repetitions the first time you perform the routine.

As your coordination and balance improves, perform each move/trick for 5 seconds or 5 repetitions then progress to 10, 15, or 20 secs or reps per move/trick. Here are two routines to try:

- Jump Rope beginning routine
- Jump Rope intermediate routine