

The Sports Academy's Weekly Fitness Tip

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JUMP into shape

Jump roping isn't just for elementary-aged children or athletes in training; it can be an excellent aerobic exercise for anyone. Jump roping increases your heart rate, builds cardio endurance, works muscles in your upper and lower body, burns a lot of calories and improves coordination, speed and agility. The best part of jump roping is that anyone can do it, almost anywhere and for hardly any cost at all. Here are some tips to get started:

1. Start with a lightweight rope, but heavy enough to keep a rhythm
2. When standing on the center of the rope, the handles should reach just to your armpits. To shorten, tie knots on either side.
3. Wear supportive footwear, preferably cross-training shoes.
4. Make sure to jump on a forgiving surface.
5. Improve efficiency and decrease impact by only jumping high enough to clear the rope, or about an inch off the ground.
6. Relax your shoulders and keep your elbows close to your body. If the elbows start creeping out, it will draw the rope up off the floor and you will have to jump higher to clear the rope. Bend your knees for good shock absorption and try to turn the rope with just your wrist, not your whole arm.
7. Start with 30-60 second duration jump and rest periods. If you miss or find yourself tripping a bit when you first begin don't worry, you're still burning calories in the process.



Jumping rope will add some fun and a new challenge to your workout- give it a try!

Weekly Fitness Tips are created by Karlie Brand. For more information please contact the Sports Academy at 435-753-7500 or by email dan@sportsacademy.com