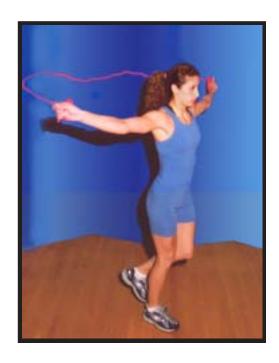
Jump Rope



Jumprope can be used for:

- A Warm-up Activity
- Cardiovascular Training

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising & contact your physician. Alert gym staff if assistance is needed.

Use of Jump Rope:

- 1. Choose the length of jump rope that allows you to jump freely
 - Weight ropes are available for greater intensity to anaerobic interval training workouts
- 2. Jump on a surface that is giving such as the wood floor
 - Hard surfaces such as concrete or the synthetic gym floor over concrete cause shin splints or other injuries
 - Jump slowly to warm-up and gradually increase to an aerobic intensity
 - Interval train anaerobically to challenge your cardiovascular system for improvement
 - For variety, challenge yourself with two-footed jumps, high knees, and one-foot repetitive jumping
- 3. Gradually cool-down for recovery or move on to another aerobic activity