

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**