



Strong Heart, Happy Heart

Jump Rope Skills For Everyone!



Sammy's Safety Tips:

1. Focus on what you are doing.
2. Be sure to have a jump rope that isn't too short or too long.
3. Be sure that you have enough room in front and behind you for the jump rope to swing.
4. Be positive and never give up. The more you practice, the moves will become easier for you.
5. Learn the basics first. Practice the moves without the jump rope first, then add the jump rope to your new moves!
6. Get instruction by a trained professional before beginning any exercise program.

Jump Rope Basics

Why should I Jump Rope?

- To strengthen your heart and lungs
- To lose weight
- To be able to run and jump better
- To keep your body healthy
- To feel good about yourself



Getting Ready

Rope Measurement:

It is important that your jump rope isn't too short or too long.
Measure your jump rope before you start!

1. Stand on center of rope with one foot
2. Pull handles alongside to reach chest or underarm

Correct Jump Rope Technique

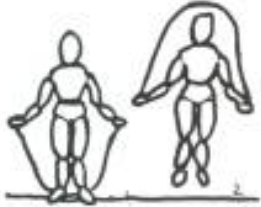
1. Hold handles with a firm grip, elbows close to sides.
2. Make small circles with wrists while turning the rope.
3. Keep torso relaxed, head erect and look straight ahead to keep balanced.
4. Jump only high enough to clear the rope, with light ankle knee motion.
5. During jumping, the rope should touch the surface lightly.
6. Never sacrifice good jumping form for speed!

Remember: the key to effective jumping is to be light on the balls of your feet.

Learn the Skill of Jumping Rope

You must master the two basic skills, the **Basic Bounce Step** and the **Alternate Foot Step**. Remember, the focus is on the skill not on speed.

The Basic Bounce



1. Swing rope around and jump over it with both feet.

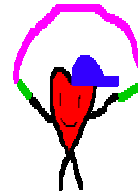
Alternate Foot Step



1. Swing rope around and jump over it with one foot. Now, swing rope around again and jump over it with the alternate foot.
2. Continue alternating feet (lifting knees slightly as if jogging in place).
3. Do not kick feet back. It will cause them to catch on the rope.

Now that you have mastered basic jump roping,
try out these skills!

Double Bounce



1. All you do is simply jump twice in one rotation of the rope.

Single Side Swing



1. Put your hands together, while holding the handles, and swing the rope from one side of your body to the other.
2. Keep repeating step 1.
3. When you are ready, open your hands. Swing the rope down and jump.



Skier

If you've ever gone downhill skiing this will be easy.

1. Jump side to side like you're skiing.

Side Straddle



If you've ever done a jumping jack you'll get this one.

1. Pretend you're doing a jumping jack using only your feet.

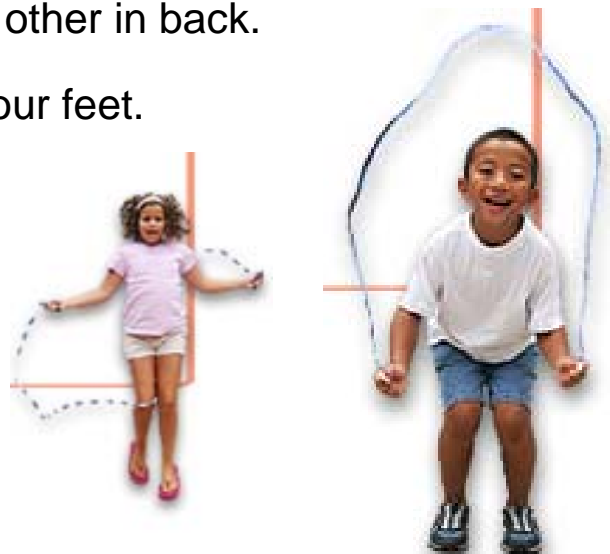
Front Straddle

If you've ever gone cross country skiing you've got this trick.

1. Jump with one foot in front and the other in back.
2. Jump and switch the positions of your feet.

X-to-Straddle

1. Jump with your feet spread apart.
2. Jump and cross your legs.
3. Repeat steps 1 and 2.



Now that you have mastered skilled jump roping,
try out these advanced skills!

Single Side Swing and Jump

Steps:

1. Swing the rope to your left side.
2. On the next rope turn, spread your hands apart and jump.
3. As the rope comes over, swing it to your right side.
4. On the next turn, spread your hands apart and jump.

Tips:

- On the side swing, the hand crossing in front of your body should extend past your other hand.

Cues:

left - jump - right - jump



Backward 180

Steps:

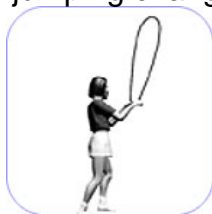
1. Start with the rope in front of your feet. Lift the rope high overhead while making a half turn to your left.
2. Bring the rope down in front of your toes. Don't jump.
3. Repeat Steps 1 - 2. Jump forward over the rope as it comes down.
4. Start with the rope in front of your feet. Do one Backward Basic Jump then repeat Steps 1 - 3.

Tips:

- Repeat each step several times before moving to the next one.
- Also practice turning to your right.
- On the left and turn, backward jumping changes to forward jumping.

Cues:

back jump - lift and turn - front jump





Jump Rope Work-Out #1



Jump Rope for 1 min using the **Double Bounce!**

Rest for 30 seconds

Jump Rope for 1 min using the **Skier!**

Rest for 30 seconds

Jump Rope for 1 min using the **Front-Straddle!**

Stretch out your legs and calves!





Jump Rope Work-Out #1



Start jumping slowly.

See how many times you can jump rope
without stopping!

Write your score here!

Now try again and see if you can beat that number!

Everyday this week try to beat your highest score
from the day before!

Monday_____

Friday_____

Tuesday_____

Saturday_____

Wednesday_____

Sunday_____

Thrusday_____

Have fun and enjoy your jump rope!





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