

GABRIELE

FITNESS & PERFORMANCE



Jump Rope??

Can you jump Rope? If so grab one and email us how many you get in a row on the first shot. Chances are if you did it as a kid you will do ok. If you never jumped rope as a kid I will bet that your score won't be very high. Bottom line: In order to be good at a skill like jump rope you have to have had to do it a lot at one point in your life.

Jumping rope is probably one of the most underused pieces of equipment in the gym. It is amazing to us how many kids come through our facility and cannot jump rope. Jumping rope is the ultimate giver of feedback. If you do not time the jump right you may whip yourself in the arm and get a little sting. We have many kids in the gym that get their butt kicked by a little piece of plastic. They literally are getting beat up by a jump rope. Help is on the way.

Jumping rope helps improve

- Conditioning
- Rhythm
- Foot quickness
- Coordination
- Agility

Tips for Jumping Rope

The key to jumping rope is getting your feet on and off the ground with your legs straight. It should be quick and light on the balls of the feet. Many athletes will bend the knees and land loudly on the ground. The noise will mess up your rhythm and means stress to the joints which will eventually cause injury.

What if I cannot jump rope?

Start without the rope and jump up and down for 20-50 reps in a row. Do this for a few weeks than start with the rope. DO NOT try to do as many as possible. Instead give yourself a number like 5 or 10 and perform multiple sets of 5 or 10. Gradually give yourself a higher goal to reach

The Best Way to get better at jump rope is to do it everyday!

[Click here to see 6'10" poetry in motion as Coach Tom, an expert Jump roper shows off some skills.](#)

Gabriele Fitness and Performance

20 Locust Avenue
Berkeley Heights NJ 07922
908-464-4441

info@gabrielefitness.com

www.gabrielefitness.com