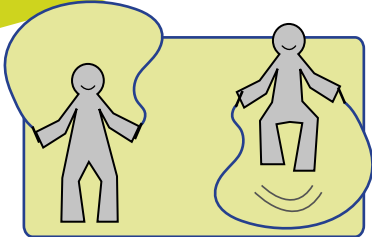


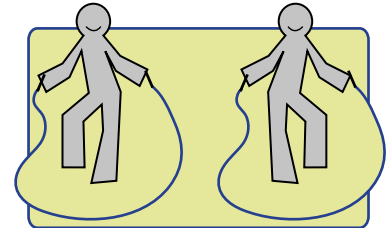
Jump 4 Joy!

Learn basic jump roping and try a few new twists. Jump rope alone or with friends!



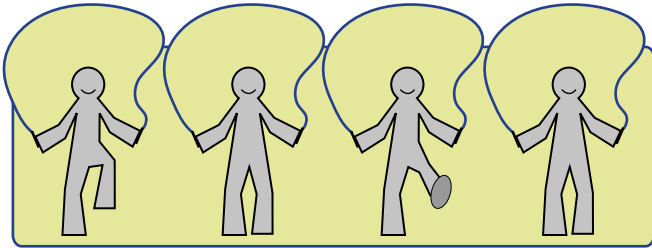
Jump Rope 101

- Start with the rope behind you and swing it over your head
- When it comes to your feet, jump
- Jump with your feet slightly apart and knees slightly bent
- Your hands should be making small circles but keep your elbows close to your body
- Practicing will make you a better jumper



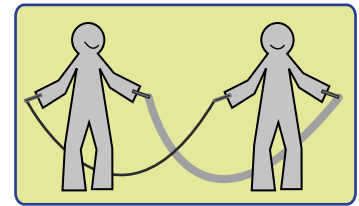
Jump With A Twist

- Add a twist of your hips when you jump
- Try to move just your hips keeping your head and shoulders forward
- Alternate twisting left and right with each swing of the rope



Jump Kicks

- Jump on your left foot and lift your right knee
- On the next swing, jump with your feet together
- Jump on your left foot again, kicking your right knee in front of you
- Jump with your feet together
- Now repeat with your left leg



Double Ups And Downs

(Grab a friend to try this one -

you'll need two jump ropes)

- Standing side-by-side, jumpers hold the first rope with their left hands
- Both jumpers hold the second rope with their right hands
- Before starting, both ropes should be behind the jumpers
- Swing the ropes overhead as if jumping rope alone
- Get in sync and jump as long as you can
- Add more jumpers and see how long you can get the line!

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