

JUMPING ROPE At Home Fitness Cardio

Do it Right!
Exercises you Should Do

Summary

Jumping rope is a fun exercise that can help strengthen your bones and muscle, enhance your cardiorespiratory fitness, and improve your coordination and balance.

IT IS A FORM OF HIGH INTENSITY AEROBIC EXERCISE: Athletes have been doing it for years. It has a MET value of **12.3, which is very high.**

BURNS A GREAT DEAL OF CALORIES: Burns **200 to 300** calories in 20 minutes.

NO NEED FOR MUCH EQUIPMENT OR ROOM: All you need is a pair of training shoes and a jump rope and a 3 by 6' space.

FULL BODY WORKOUT: It works many muscle groups, which is unusual for a cardiovascular exercise.

HIGH IMPACT EXERCISE THAT BUILDS BONES: It can be considered a high impact exercise that stresses the bones in a healthy way to make them stronger.

IMPROVES BALANCE AND COORDINATION: During successive jumps, the body needs to re-establish balance and propulsion force.

IMPROVES PERFORMANCE IF USED AS WARM UP

JUMPING ROPE (JR) dates back to the 1600s in Egypt but become popular as a fitness activity in the 1940 and 50s.

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IT IS A FORM OF HIGH INTENSITY AEROBIC EXERCISE: Jumping rope does a lot for your body. Many studies have found positive effects on physiological parameters of cardiovascular and respiratory systems. Jumping rope according to Health.com is excellent for improving your cardiorespiratory fitness (Study 1, Study 2, Study 3). Many athletes for over a hundred years have used it to increase cardiovascular fitness. It has a MET value of 12.3, which is very high. For comparison walking moderately is 3-4 METS, while at rest you are at 1 MET (see more about METS here).

BURNS A GREAT DEAL OF CALORIES: It can burn a great deal of calories. Depending on your weight you can burn up to 200 to 300 calories in 20 minutes.

NO NEED FOR MUCH EQUIPMENT OR ROOM: All you need is a pair of training shoes and a jump rope and a 3 by 6' space.

FULL BODY WORKOUT: It is a full body workout (Study). It works many muscle groups, which is unusual for a cardiovascular exercise.

HIGH IMPACT EXERCISE THAT BUILDS BONES: It can be considered a high impact exercise that stresses the bones in a healthy way to make them stronger. As a person jumps, the body responds to the temporary stress on bones caused by ground reaction forces by building them back stronger and denser. A 22-week study including Olympic swimmers observed significant increases in bone mineral density of the lumbar spine and femoral neck (a part of the thigh bone) after participating in 20 minutes of jump rope and full-body vibration twice per week (Study).

IMPROVES BALANCE AND COORDINATION: According to Trecoci et al. it works and develops gross motor coordination and balance. Since during successive jumps, the body needs to re-establish balance and propulsion force through a coordinated action of upper and lower body region muscles.

IMPROVES PERFORMANCE IF USED AS WARM UP: Makaruk (2013) observed that performing JR during a warm up provided greater improvements in subsequent horizontal jumping tasks than a warm up protocol with traditional jumps (e.g. fast skipping and pogo jumps) in adult elite track and field athletes. (Study) According the study it suggested that incorporating JR protocol at the beginning of training sessions was effective to improve motor coordination and balance in soccer players over a period of 8 weeks.

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TRAINING WITH A JUMP ROPE

How to select a jump rope

Stand in the middle of the rope with both feet. Grab a handle in each hand and hold them as high as they go — you want the handles to reach to just below your armpits. If you buy a rope, you can usually adjust it to your height by moving the handle up and down the cable itself. If you opt for a rope that has fixed handles, you can also tie a couple of knots in the rope close to the handles to shorten the rope. I've used this method many times, and it works perfectly fine.

How to jump rope

1. Grab a handle in each hand and start with the rope behind you, so it's right at your heels. To get the rope moving, gently rotate your forearms forward and then your wrists to generate momentum and swing it overhead.
2. As the rope swings up overhead, bend your knees slightly. Once you see the rope pass your shins, jump by springing from your toes. Start slowly so you can master the timing of it. Once you get a few jumps down, you'll know when to jump naturally. **MAKE SURE YOU LAND WITH BENT KNEES>**
3. Once you're at a comfortable speed, your wrists can do all the work. Usually, there are bearings inside the handles that rotate the rope itself. This makes it easy to spin the rope with just your wrists.
4. As you hop, be sure to stay on the balls of your feet. This keeps you quick and nimble. Because your calves will get tired quickly, feel free to alternate hops.
5. Look forward to prevent neck strain.

How to train with a jump rope

Jumping Rope is high intensity exercise. So that means you will have to do interval training where you jump rope for a time and then do a light activity like marching in place or walking around and then repeat for several cycles. JR has a MET value of **12.3**. METs = metabolic equivalents. One MET is defined as the energy you use when you're resting or sitting still. One site says you burn roughly **170 calories** by doing 1,000 jump ropes

Skipping Rope

M**E****T****S** = **8-12.3**

VIGOROUS

METs can also be translated into light, moderate, and vigorous intensities of exercise.

1. **Sedentary**—Uses 1.5 or fewer METs. Examples are sitting, reclining, or lying down.
2. **Light intensity**—Uses from 1.6-3.0 METs. ...
3. **Moderate intensity**—Uses from 3.0-6.0 METs. ...
4. **Vigorous intensity**—Uses from 6.0+ METs.

INDOOR WINTER

FITNESS

Skipping Rope

SAFE

SIMPLE

SUSTAINABLE

EFFECTIVE



BECAUSE IT IS HARD