

Jumping Rope

The quickest way to get into the best shape of your life

In this era of over-priced gyms and home gyms, we are seeing that more expensive equipment does not lead to healthier people.

Lost in the shuffle of all this technology is a \$15 piece of fitness equipment that for more than 25 years has been known to help improve the health of your heart and protect you against chronic disease.¹ It's the jump rope.



Why should you jump rope?

The American Heart Association cites these reasons:²

- ✓ Obesity is the fastest growing cause of illness and death in the U.S
- ✓ Obesity among the nation's youth has tripled in the past 15 years.
- ✓ Cardiovascular disease ranks as the No.3 cause of death for children under age 15
- ✓ For the first time in history, children's life spans are predicted to be less than their parents because of inactivity and obesity-related illnesses.

*Despite all this technology,
60 million American adults and
9 million American children
are obese.¹*

Which Jump Rope Should I Use?



- ✓ Lifeline jump ropes are very affordable (\$15) and durable (left picture)
- ✓ Buddy Lee jump ropes (right) are more expensive (~\$40) but allow for more challenging exercises



What Is A Simple Jump Rope Routine To Start With?

For those of you looking to get in shape quickly, you can try this jump rope routine 2-3X per week:

- ✓ Complete 5 sets of jumping rope (50, 100, 150, 200, and 250 jumps)
- ✓ Follow each set by 10 push-ups & 10 crunches
- ✓ 1 minute rest between each set
- ✓ Take a 2-3 minute break between sets and repeat

Reference:

1. "Overweight and Obese" from the Center for Disease Control and Prevention website www.cdc.gov/nccdphp/dnpa/obesity/
2. Reece WW. Cardiovascular effects of jumping rope. Am J Sports Med. 1979 Sep-Oct;7(5):303. No abstract available
3. "Why Jump Rope for Heart" from the American Heart Association Website <http://www.americanheart.org/presenter.jhtml?identifier=3023404>

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