

Rope Skipping

by Desmond



Skiping rope burns about 10 calories per minute whereas a moderately paced jog burns about 13. You can burn up to as many as 18 calories per minute depending on the intensity level. It delivers an excellent cardiovascular workout plus it firms muscles and improves co-ordination and agility. It's a budget conscious and very handy "take anywhere" workout.

HERE ARE SOME SKIP TIPS:

- 1.** Don't take two hops per turn; it over-stresses knees and ankles and cuts down the calorie burn. Instead, stay up on the balls of your feet and spin your rope moderately fast (70 - 120 turns per minute) and evenly so you take only one jump per turn of the rope.
- 2.** Use your wrists, not your shoulders, to turn the rope. Bend your arms and keep them close to your body, at hip-to-waist level. Don't jump more than an inch off the ground and keep your knees springy.
- 3.** Aerobic shoes and those with extra ankle support and padding at the ball of your foot are best for jumping. Ideal jumping surfaces include padded carpets and "sprung floors" like those found in basketball courts and aerobic studios.
- 4.** If you have trouble synchronizing upper and lower movements when jumping, fold your rope into half and hold both handles in your right hand. Grip the center of line with your left hand and have your hands up near waist level so that loop is off to the side. Now jump as you turn the loop. Stay low, bending knees slightly as you touch down, and swinging the rope in unison with your feet. Once you have mastered this timing, it should be easier to learn the jumping moves.

