



HOW TO BUY A JUMP ROPE

Introduction

Jumping rope is an excellent, inexpensive way to get in shape. Not only do you get a great cardiovascular workout, you also improve your strength, coordination and agility. There are many different types of jump ropes. How do you know which type is right for you?

Instructions

Step One

Determine how you will use the jump rope. Obviously, you'll be jumping. But there are a surprising number of different jump-rope exercises. Some people speed-jump, while others perform tricks or integrate non-jumping moves into their program. Your use will determine the type of jump rope you should buy.

Step Two

Decide which type of jump rope fits your needs. Speed ropes are lightweight and are made for fast jumpers. Woven cloth ropes won't bounce off the ground, but they show wear easily. Beaded ropes are durable and work great for general jump-rope routines.

Step Three

Consider where you are going to jump rope before you buy. If you plan on jumping rope outdoors, you may want a heavier jump rope that won't be affected by the wind and that can stand up to the elements.

Step Four

Measure the length of jump rope you need. Stand on the middle of the rope, then pick up the handles and pull them up toward your armpits. Each handle should reach a height equal to that of your armpits. If you can't measure a jump rope itself, use a piece of string to determine the length you need.

<u>Length</u>	<u>Suitable for</u>
7'	Up to 4' 10"
8'	4' 11" to 5' 3"
9'	5' 4" to 5' 10"
10'	5' 11" to 6' 6"
11'	Over 6' 6"

Step Five

Shop for a good quality jump rope at a **sports** or fitness store in your community. If you can't find anything you like, check out the selection on the Web. If you buy a jump rope online, verify the correct length you need before you make the purchase.

Step Six

Enjoy and use your new jump rope!



Live Smart. Live Healthy.

