

Skip Your Workout!

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Jumping rope is not just for kids! Many adults are starting to realize that while jumping rope is fun, it can also be a very intense work out. One of the greatest benefits jumping rope can give is it increases cardiovascular endurance, which helps in strengthening your heart and lungs. Jumping rope can be beneficial in increasing hand and foot coordination and can increase body awareness.

Here's a simple routine you can do, without even leaving your room!

Total time: 12 minutes (repeat if desired)

For more on choosing the best jump rope or keeping your body safe during exercises, visit www.envisionmagazine.com. **e**

1 Skipping 2 minutes

Alternate feet at slow pace, increase pace every 30 seconds

2 Single jump (both feet) 1 minute

Jump softly with both feet, low jumps

3 Single jump (one foot) 30 seconds each foot

Jump softly on one foot, low jumps, hold other foot off floor in front of or behind body

4 Skipping 30 seconds

Alternate feet at slow pace for recovery

5 Side-to-side jump 1 minute

Jump 8-12 inches to each side alternating direction after each jump, Keep feet facing forward

6 Double jump 30 seconds

Jump high enough for rope to pass under each foot twice before feet touch the ground

7 Burpee with pushup 30 seconds

Begin with one jump, jump down to high plank, one pushup, bring feet in, stand up and repeat

8 Skipping 30 seconds

Alternate feet at slow pace for recovery

13 Over the line (side to side) 30 seconds

Place jump rope on floor, jump over the rope sideways with feet together

14 Skipping 2 minutes

Alternate feet at slow pace for cool down, slowly decrease pace every 30 seconds

12 Speed jumps 30 seconds

Jump quickly with feet together as fast as possible

10 High knees 30 seconds

Bring one knee up to waist level with each jump, alternating knees

11 Over the line (front and back) 30 seconds

Place jump rope on floor, jump over the rope backwards and forwards with feet together

9 Front-back touch 1 minute

Alternate forward and backward foot with each jump, both feet touch the ground simultaneously

