

Jump Rope

What's Special About a Jump Rope?

Such a simple tool has such amazing benefits for all your needs. Jump roping is good in the aspects of a great cardio exercise as long as building foot speed and also toning muscles in the entire body. Jump Ropes range anywhere from about 7-25 dollars depending on how technical you want to get and advanced in your kind of rope but it remains evident that for any rope of any price you are using for the same purpose which is burning calories in a short period of time in the comfort of your own chosen workout place.



Why Should I Jump Rope ?

Jumping Rope is a cheap tool used to work on both cardio, muscular endurance, flexibility, and coordination/rhythm

There is no need to “wait for it to get warmer/cooler” to jump rope, you can do this in the comfort of your house or gym or anywhere

Jumping rope is much more timely then running, 10 minutes of moderate pace jumping rope equivalent to 8 minute mile

Never gets boring! There are several variations of jumping rope to always keep it fresh and challenge yourself



What if I don't Want to Jump Rope?

Although jump roping is such a great workout it might not be for every one. It can be difficult to keep rhythm early on. Some people will prefer jogging, cycling, rowing or other cardio methods. But if you are interested in Jumping Rope without a rope you can always just rapidly jump as quickly as possible for time bouts. You will not work on rhythm but you will get a good cardio and muscle burn going.