

JUMP ROPE MOM

# COMPLETE BEGINNER'S GUIDE TO JUMP ROPE TRAINING

LEARN ALL THE TIPS AND TRICKS  
OF JUMPING ROPE



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## LEARN HOW TO JUMP ROPE

As a former competitive Jump Roper and current Fitness Coach, I'm excited to share my passion with you in this guide to help you get started on your jump rope journey. Here's what I'll cover:

- Benefits of jumping rope
- Learn which ropes are best for your goals
- How to size your jump rope for the right activity
- Proper jump rope form
- Basic jump rope exercises + workouts with links

## BENEFITS OF JUMPING ROPE

### **1. It BURNS calories fast**

Jumping rope burns more than 10 calories a minute, engages more muscles than swimming or rowing, while still qualifying as a low-impact workout. It is one of the most effective and efficient ways to work out.

### **2. You can jump rope anywhere**

It can be challenging to find the time to work out. Jumping rope allows you to exercise in short bursts throughout the day instead of having to dedicate an hour of your time straight up. Take it to work, outside while your kids are playing, on vacation, etc. I always keep an extra jump rope in my car to squeeze in a workout or on the go if needed.

### **3. It's a full body workout**

When you jump rope, you are working out your legs (for jumping), arms (to control the rope), and core (to stabilize your body). In doing so you end up building strength, stamina, speed and coordination.

### **4. It's a low impact exercise (if done with proper form)**

Compared to running, skipping has less of an impact on your joints (such as your knees) since you're jumping on the balls of your feet. Just be sure to wear a good pair of shoes and jump on a soft surface or mat to help absorb the impact.

*For a discount on my favorite mat to jump rope and exercise on click [HERE](#) and use JUMPROPEMOM10 at checkout. Enjoy!*

## LEARN WHICH ROPES ARE BEST FOR YOUR GOALS

I often get asked, “What kind of jump rope should I buy?”

- Speed
- Weighted
- PVC
- Beaded

This can be a bit counter-intuitive to answer. But I'll break down a couple *pros* and *cons* of each or click [HERE](#) for a video tutorial;

### **Speed Ropes-**

PRO- these are typically wire ropes that are light and fast. If you're an experienced athlete or generally have a high level of coordination, you may be able to get away with learning how to jump with a light rope. These are great to increase your speed or consecutive double unders.

CON- hard to learn on since it's so light and difficult to feel the timing and rotation of the rope. I'd go a bit heavier if you're a beginner.

### **Weighted-**

PRO- Burns more calories and works larger muscle groups. It's also easier to learn on since you can feel the feedback from the rope.

CON- Not good for tricks or freestyle jumping rope.

### **Beaded-**

PRO- Great for beginners to learn on since they have some weight and rotate slower than a speed rope or PVC rope. Many pro jumpers use them because they give great feedback when doing tricks and judges can see the rope turn easier with the beads.

CON- they are a bit slower to turn and harder to do consecutive double unders.

### **PVC- AKA licorice jump rope**

PRO- These are in-between light and heavy jump ropes. You can use for a long cardio session or to do freestyle tricks. Usually inexpensive and durable for outside use.

CON- You won't burn as many calories as a weighted rope or be able to go as fast with a speed rope.

It really all just comes down to preference and what you want to achieve in your fitness goals. Personally, I love using my weighted cross ropes for workouts and PVC for fun and tricks.

*For a discount on the weighted ropes I use click [HERE](#) and use my code JUMPROPEMOM10 at checkout. Enjoy!*

## HOW TO SIZE YOUR JUMPROPE FOR THE RIGHT ACTIVITY

While your rope size will depend largely on your jumping style, there are some simple guidelines you can follow to find that sweet spot. The standard "hold it up to your armpits" method is a great start, but it's not specific enough for the unique styles and goals of each individual. Click [HERE](#) for a video tutorial or read the following;

### **Determine where you're at and what you want to accomplish;**

- Beginner
- Fitness/double unders
- For Speed Jumping
- Freestyle & Tricks

### **Beginners**

A longer jump rope slows things down and makes it easier to jump and learn new tricks.

#### How to size:

Stand on the jump rope in the middle of the cord with both feet. The **BOTTOM** of the jump rope handles should come up to the armpit.

### **Fitness/ Double Unders**

For double unders you'll want the rope a little shorter to get the rope turning around your body with as little effort as possible. A jump rope that is too long will be sloppy and take too much effort to turn.

#### Length:

The rope clears 6" to 10" over your head at its apex when jumping.

### **Speed**

It is all about going as fast as you can without making mistakes. Some jumpers will even crouch down to make the circumference traveled by the jump rope even smaller.

#### Length:

*The rope clears 2" to 6" over your head at its apex when jumping.*

### **Freestyle**

Generally, you'll want it on the longer side ( like handles to armpits) or use a long handle jump rope that can help when doing tricks. Typically, the jump rope will be 12" to 24" over your head. However, there is more variation in jump rope sizing for freestyle than any other type of jumping. You do you and find what feels right.

#### Length:

The rope clears 12" to 24" over your head at its apex when jumping.

## PROPER JUMP ROPE FORM

The most important jump rope skill to master is the single bounce. Every skill in jumping rope starts here so it's imperative that you get this down first. Here are the basics or click [HERE](#) for a video tutorial;

- Keep your feet close together and stay on the balls of your feet.
- Jump 1-2 inches off the floor.
- Keep your knees slightly bent at all times.
- Maintain a tall, neutral spine while keeping your head and chest up, looking forward.
- Keep your shoulders pulled back and your elbows held down and back.
- Keep your hands along the midline of your body.
- Use your wrists to turn the rope. (not your elbows, shoulders or arm circles)
- Jump straight up and down. No piking or tucking your legs.

*TIP: Record yourself or jump in front of mirror to check your form.*

## BASIC JUMP ROPE SKILLS

Once you get your basic jump down you can start incorporating these skills into your cardio and freestyle jumping rope. Click [HERE](#) for the tutorial on how to do the following;

1. Toe to toe
2. Heel to heel
3. The boxer shuffle
4. Side swings
5. Criss cross
6. Side straddle
7. Twister
8. Skier
9. Side swing criss cross
10. Double unders

This is just the beginning. Be sure to subscribe to my Youtube Channel for more skills, workouts and tutorials on jumping rope [HERE](#).

Thanks for taking the time to read through my complete beginner's guide to jump rope training. I hope that you got some value from it and that it has inspired you to jump rope. Much gratitude to you! xo Karly