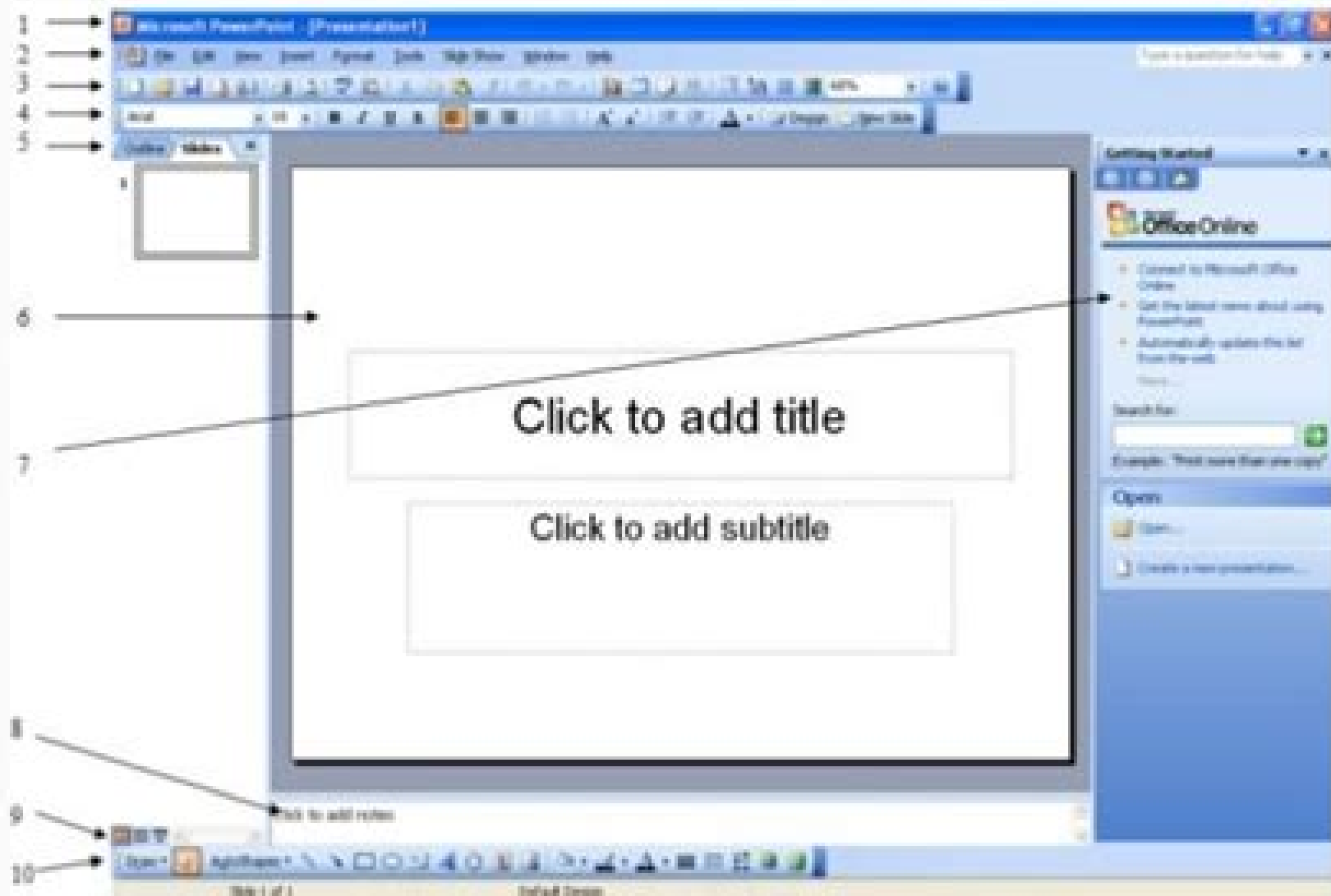


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step 2 grab a rope handle in each hand and place feet in front of jump rope so that the rope is resting on the ground behind
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and while doing the thing is as easy as picking up a rope and jumping some people find the process of getting started on their
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jumping up and down in one spot most of your power will come from your ankle and toes it s really more of a hop than jump

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fit your fitness level available equipment and goals if you re new to jumping rope only jump for as long as you can finish the
minute by marching in place or doing another cardio exercise how to

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your upper body even though it might not feel the same as say a shoulder press